Report card
Greece

High income

Contents	Page

Obesity prevalence

Adults, 2019

■ Obesity ■ Overweight

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2021-2022

■ Overweight or obesity
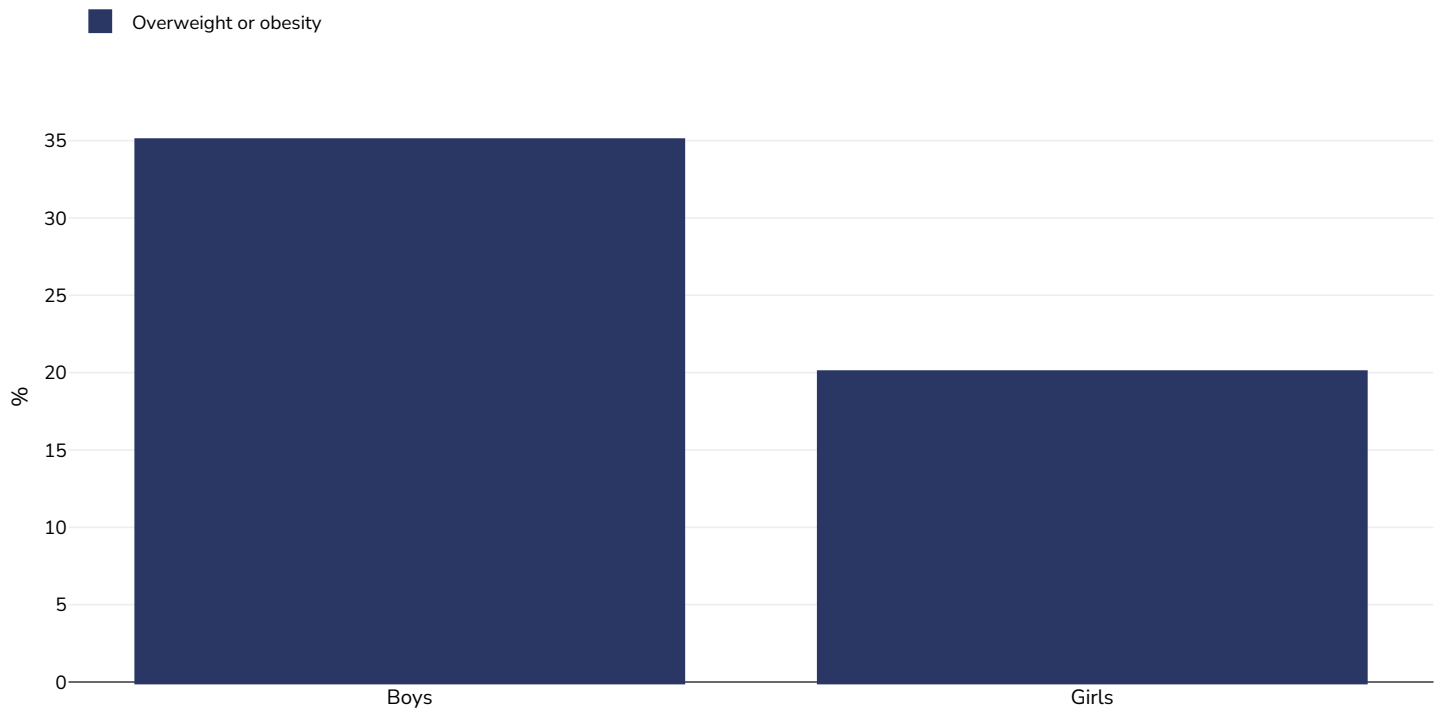
Survey type:	Self-reported
Age:	13
References:	Rakic JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Infants, 2003-2004

■ Overweight or obesity
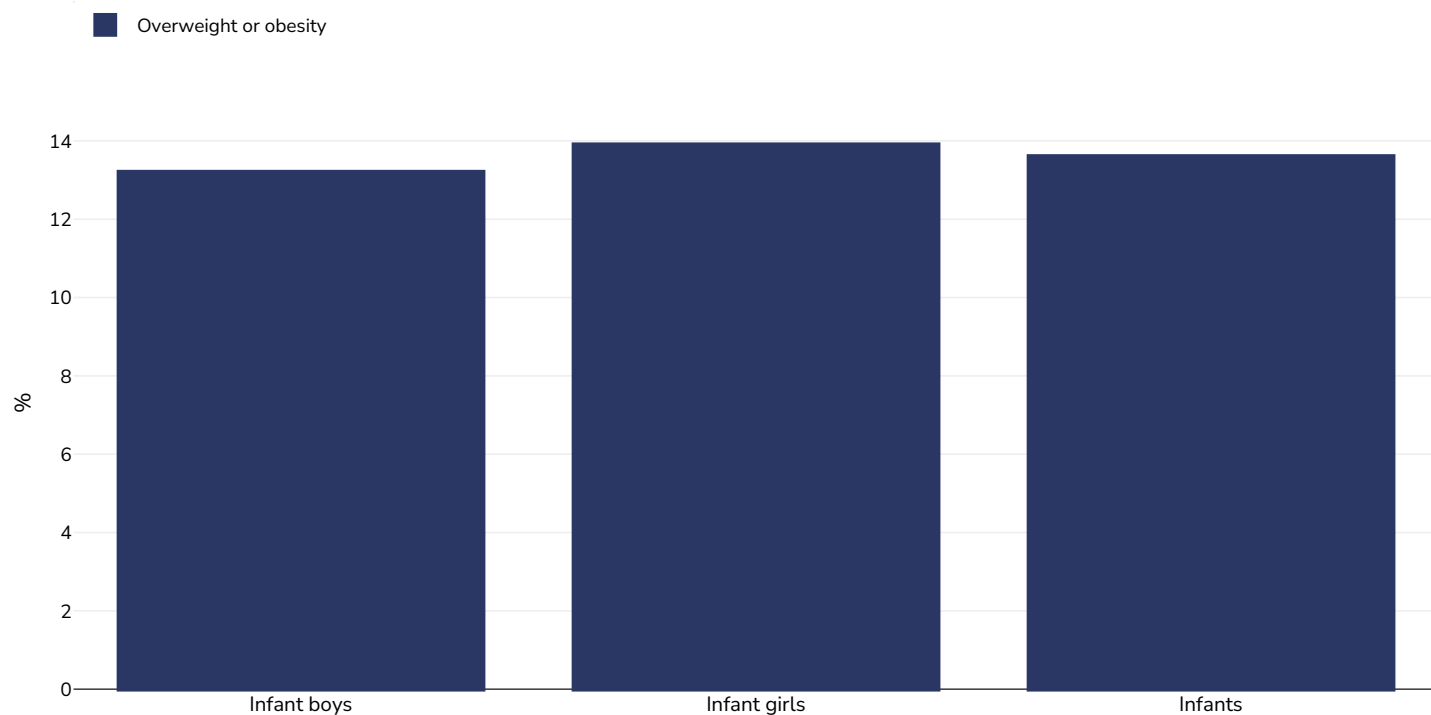
Age:	0-5
Sample size:	2239
References:	NNS: Greece 2003-2004 Growth, Exercise and Nutrition Epidemiological Study In preSchoolers (The GENESIS) Study
Notes:	UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.
Definitions:	=>+2SD

Trend adult obesity 2000 2019

Men

● Obesity

18				●	
16					●
14					
12					
10	●				
8					
6					
4					
2					
0					
	2000	2005	2010	2015	2020

Survey type:	Self-reported

References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21)
	2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)
	2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.
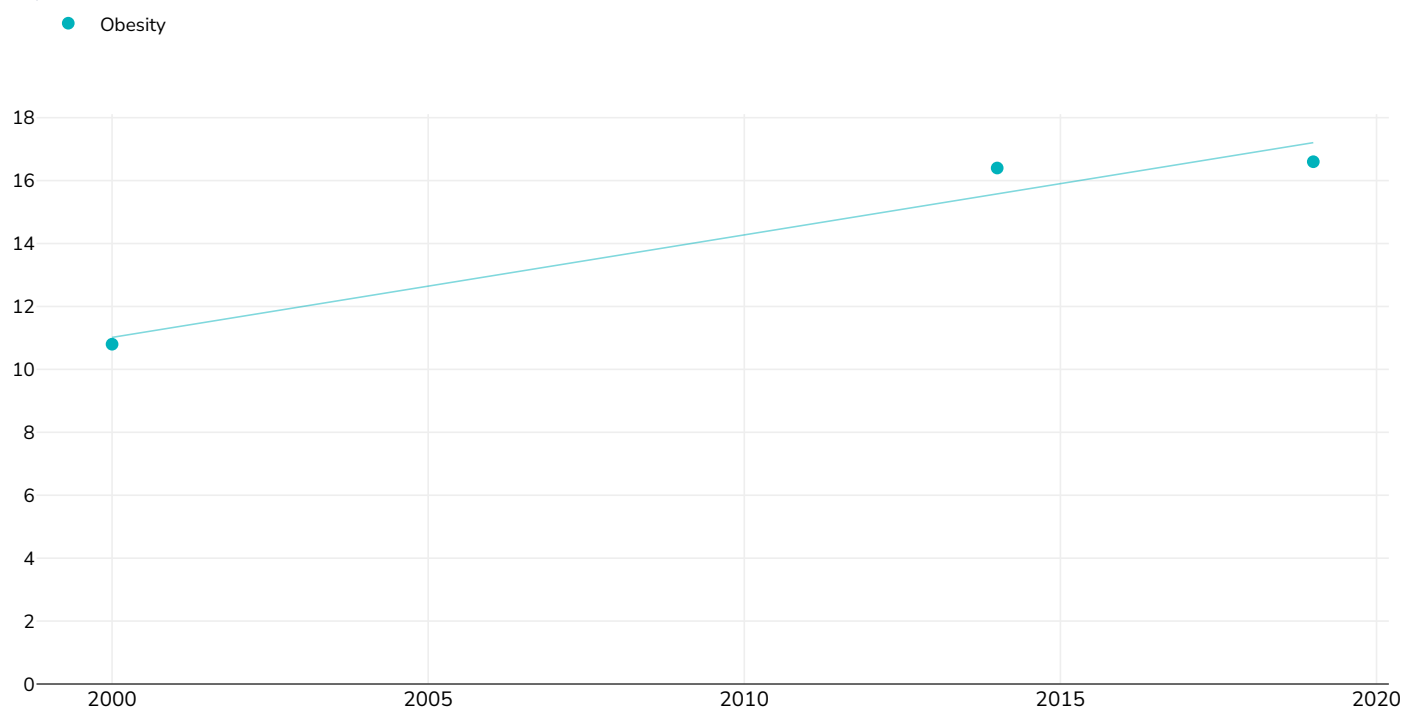
Women

Obesity

Survey type:	Self-reported
References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21)
	2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)
	2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Trend adult overweight obesity 2000 2019

Men

Legend: ● Overweight or obesity

Survey type:	Self-reported

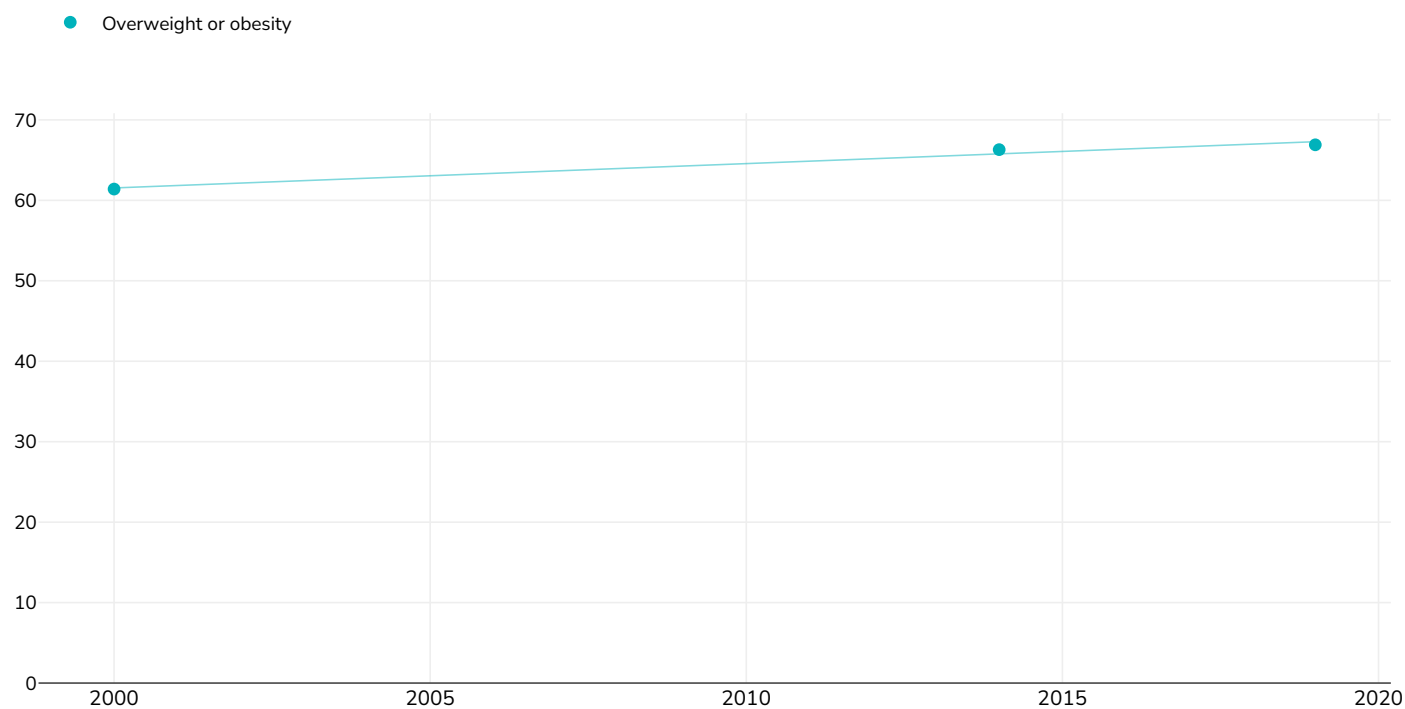| References: | 2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21)

2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)

2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21) |

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Women

● Overweight or obesity

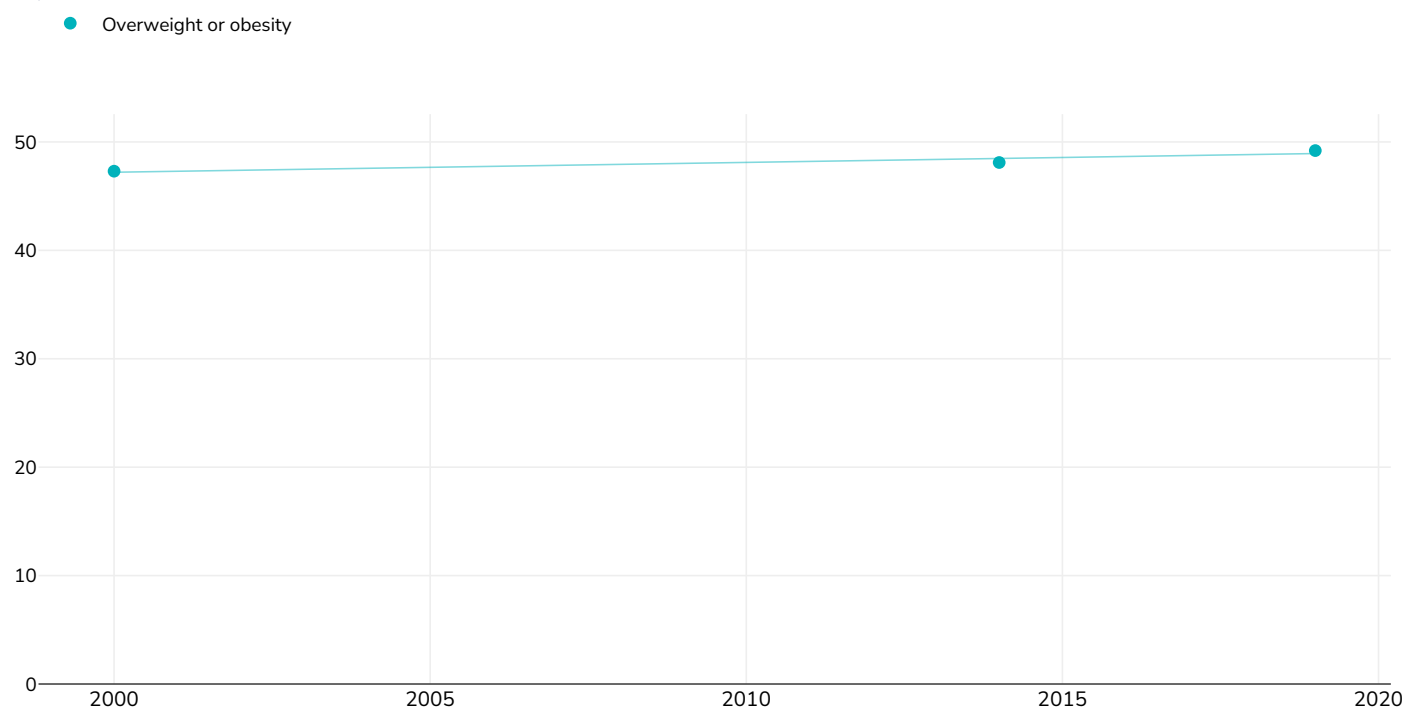| Survey type:	Self-reported

References:	2000: Eurostat Yearbook 2006/07. A goldmine of statistical information. Available at https://ec.europa.eu/eurostat/documents/2995521/5059290/1-20022007-BP-EN.PDF.pdf/edab8c31-b9f3-4c8e-b4db-4137bd045efa?t=1414683510000 (last accessed 04.11.21)
	2014: Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 25.08.20)
	2019: Eurostat 2019. Data available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21)

Different methodologies may have been used to collect this data and so data from different surveys may not be strictly comparable. Please check with original data sources for methodologies used.

Overweight/obesity by age and education

Adults, 2019

■ Obesity   ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & educational status

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2019

Legend: Obesity, Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & educational status
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2019

Legend: ■ Obesity ■ Overweight

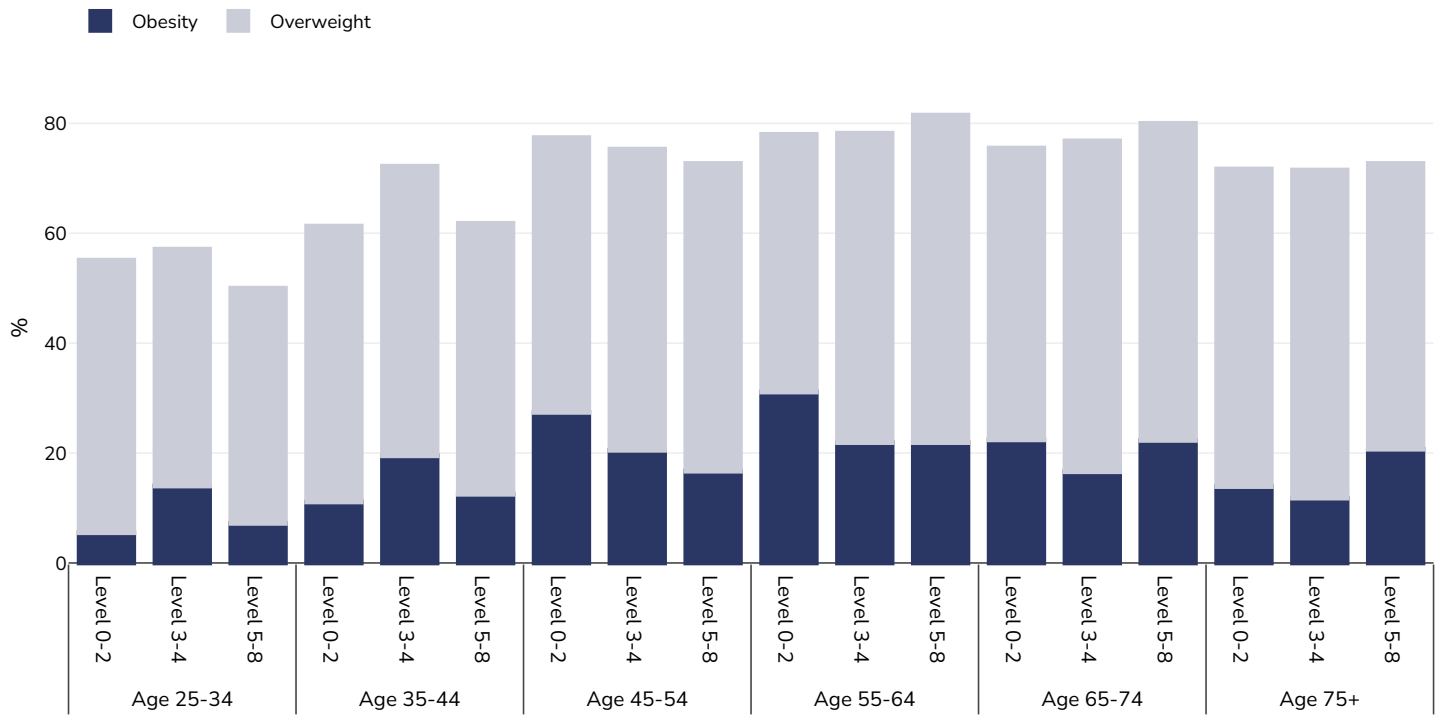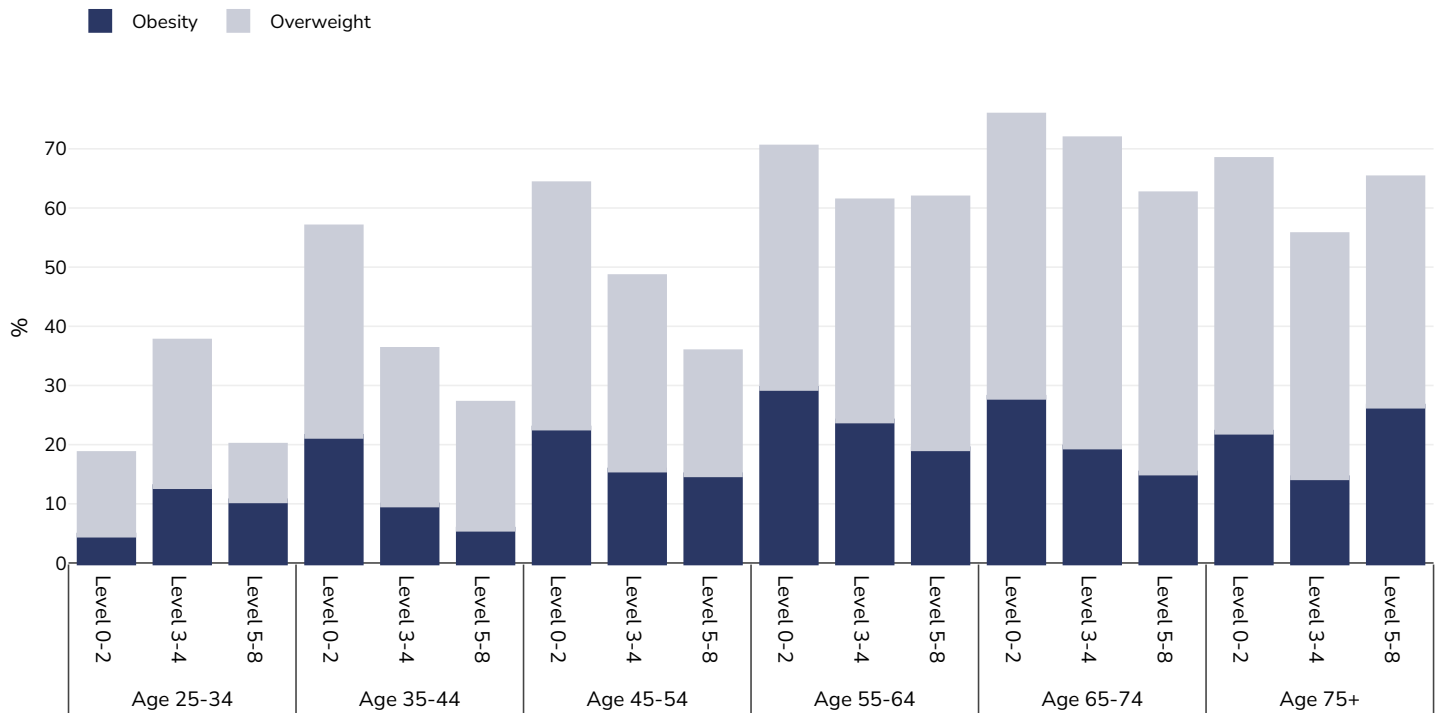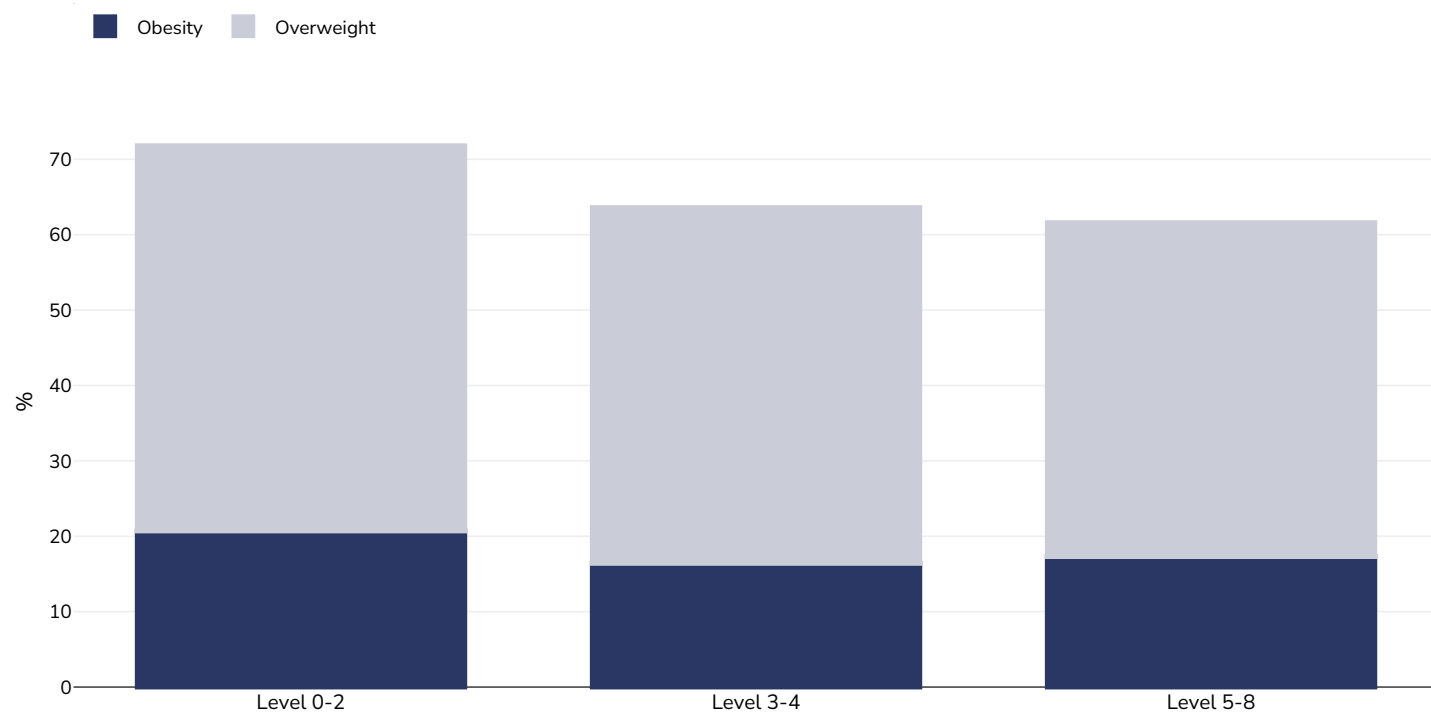| Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & educational status

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by education

Men, 2014

Legend: ■ Obesity ▨ Overweight

Survey type:	Self-reported
Age:	18+
Sample size:	Total sample size in EU = 35100 (Age 18+)
Area covered:	National
References:	Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 9 November 2016)
Notes:	Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014

Legend: Obesity ■ Overweight ■

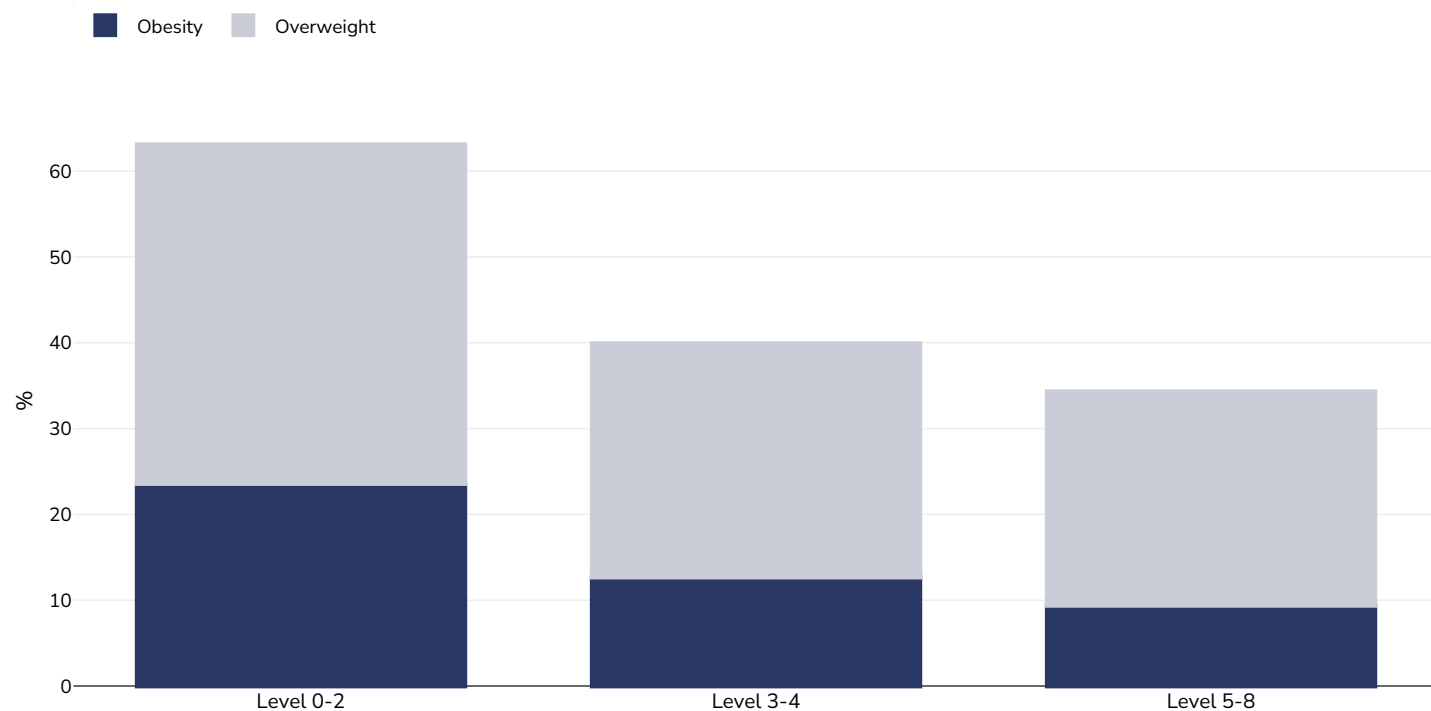| Survey type:	Self-reported
Age:	18+
Sample size:	Total sample size in EU = 35100 (Age 18+)
Area covered:	National
References:	Eurostat Database:http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1e&lang=en (last accessed 9 November 2016)
Notes:	Less than primary, primary and lower secondary education (levels 0-2) Upper secondary and post-secondary non-tertiary education (levels 3 and 4) Tertiary education (levels 5-8)
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Children, 2012

Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	3-6
Sample size:	1229
Area covered:	Subnational- Athens
References:	Manios, Y. et al. (2018). Prevalence and sociodemographic correlates of overweight and obesity in a large Pan-European cohort of preschool children and their families: The ToyBox-study. Nutrition. 55-56, pp.1-7.
Notes:	IOTF International cut-offs used. Low Maternal education classed as <14 y of education. Medium/high Maternal education classed as >14 y of education.
Cutoffs:	IOTF

Infants, 2003-2004

■ Overweight or obesity
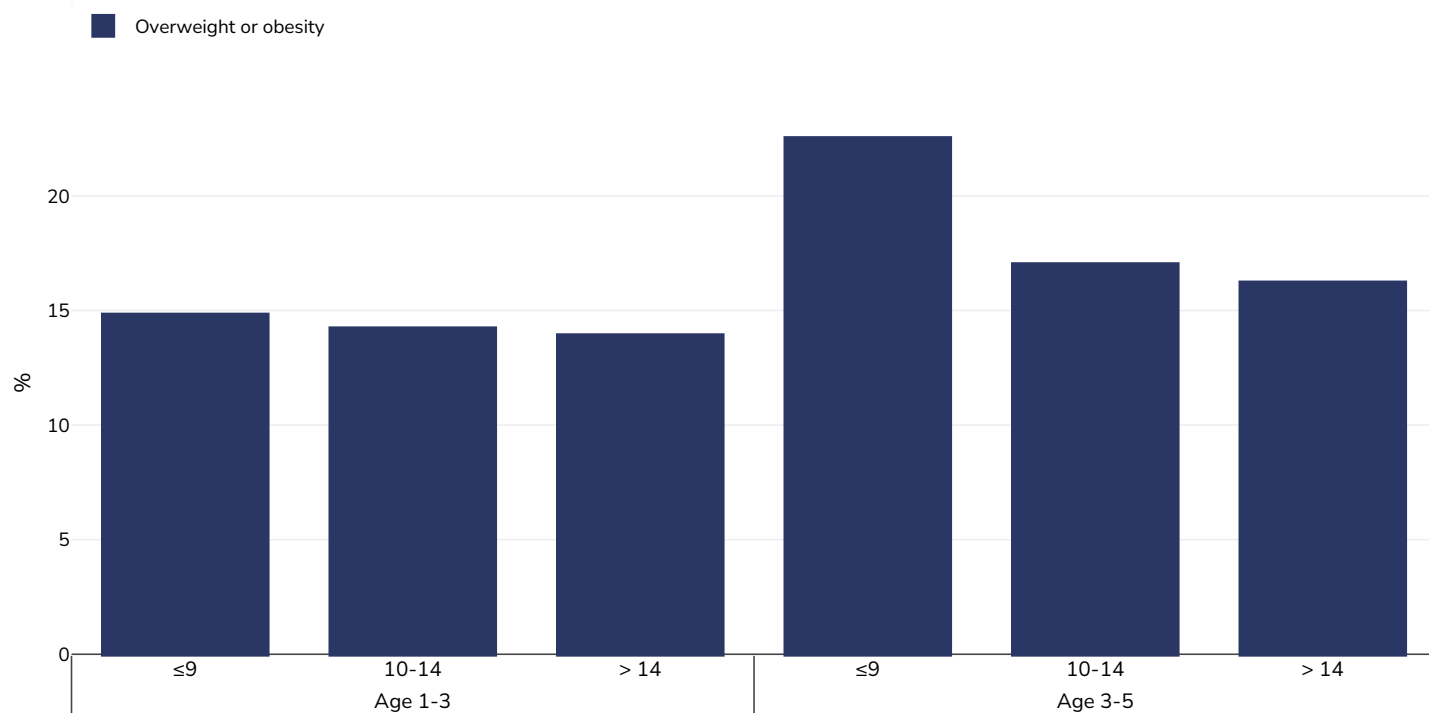
Survey type:	Measured
Sample size:	2374
Area covered:	National
References:	Manios et al. (2007) 'Prevalence of obesity in preschool Greek children, in relation to parental characteristics and region of residence', BMC Public Health, 7;178
Notes:	Prevalence of overweight by educational level of the mother (years) IOTF BMI cut-offs used
Cutoffs:	IOTF

Overweight/obesity by age

Adults, 2019

■ Obesity　■ Overweight
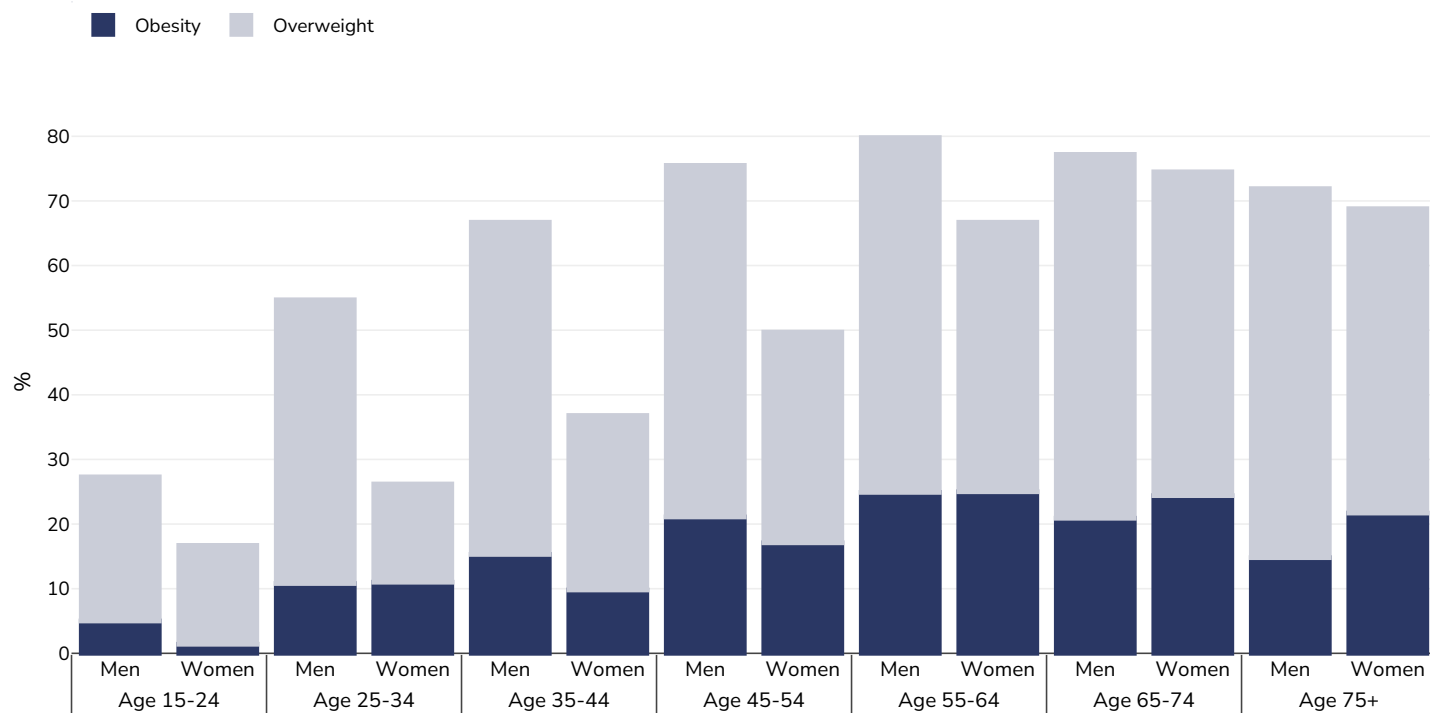
Survey
type:

Sample
size:

Area
covered:

References:　　　　　　　　　　　　　　　　　　　　　　　　　　Hellenic Statistical Authority. Health Intervi
　　　　2&p_p_col_count=4&p_p_col_pos=1&_documents_WAR_publicationsportlet_INSTANCE_qDQ8fBKKo4lN_javax.faces.resource=docum

Children, 2021-2022

■ Overweight or obesity

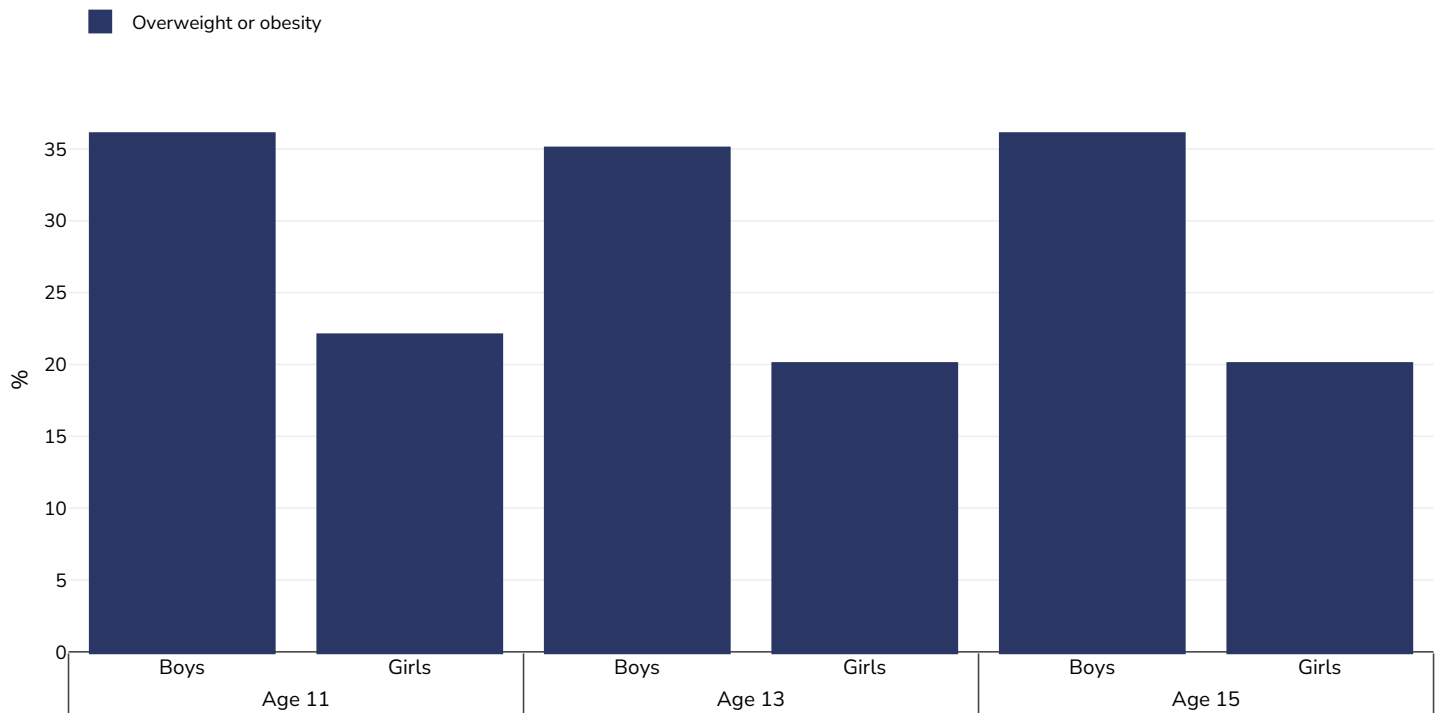| Survey type:	Self-reported
Area covered:	See Report
References:	RakiÃ?â?¡ JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	HBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Overweight/obesity by region

Men, 2001-2003
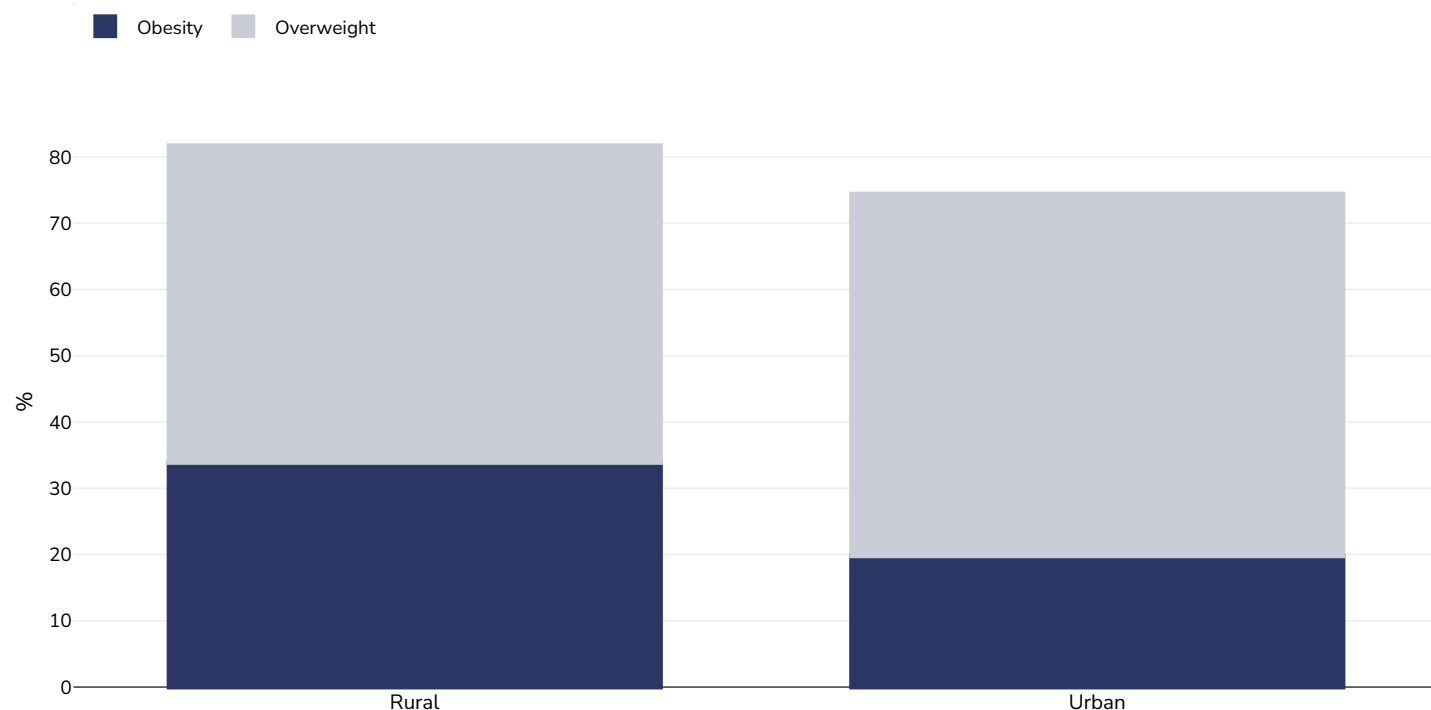
Legend: ■ Obesity   ■ Overweight

Survey type:	Measured
Age:	18-70
Sample size:	852
Area covered:	4 Provinces of Central Greece
References:	Koukoulis GN, Sakka C, Katsaros F et al. High rates of obesity prevalence in adults living in Central Greece: Data from the ARGOS Study. Hormones 2010;9(3):253-262
Notes:	Please note small sample size - less than 1000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2001-2003

Legend: ■ Obesity ■ Overweight

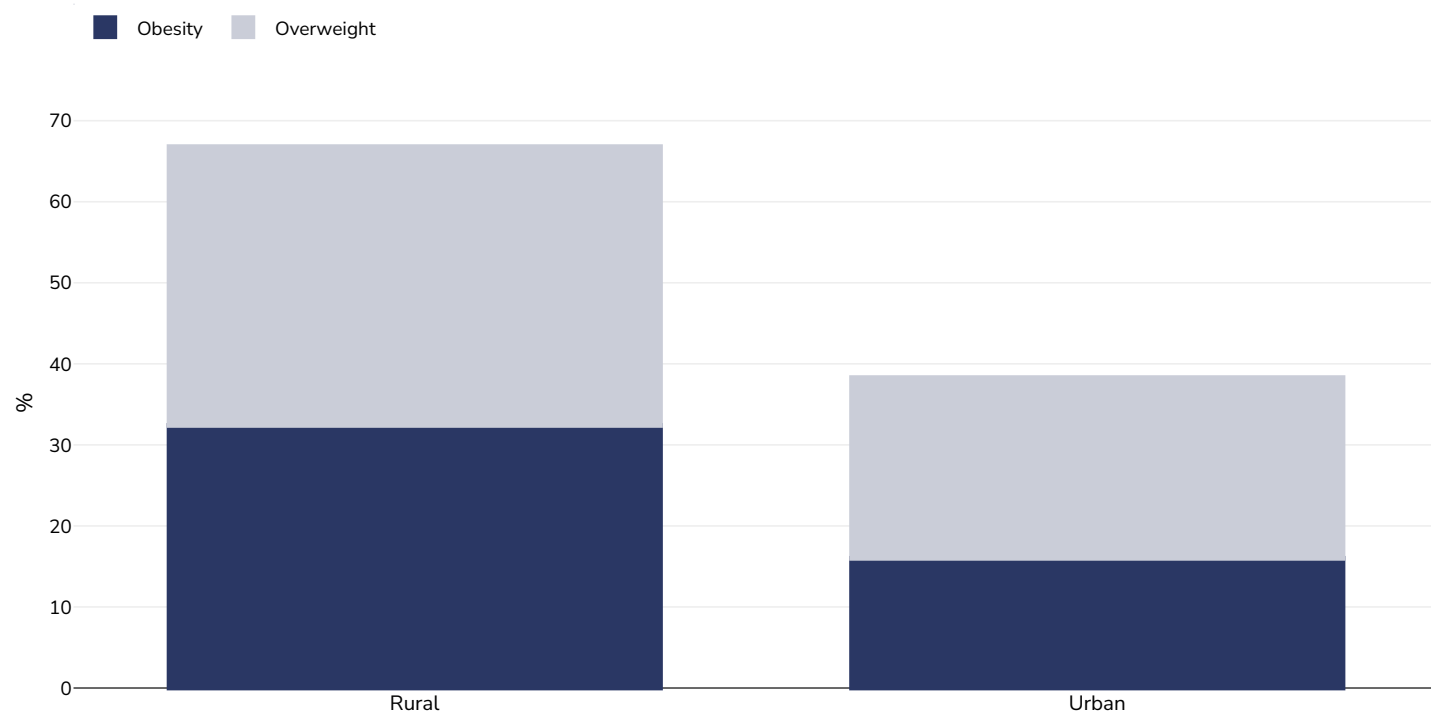|	
Survey type:	Measured
Age:	18-70
Sample size:	852
Area covered:	4 Provinces of Central Greece
References:	Koukoulis GN, Sakka C, Katsaros F et al. High rates of obesity prevalence in adults living in Central Greece: Data from the ARGOS Study. Hormones 2010;9(3):253-262
Notes:	Please note small sample size - less than 1000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2010-2012
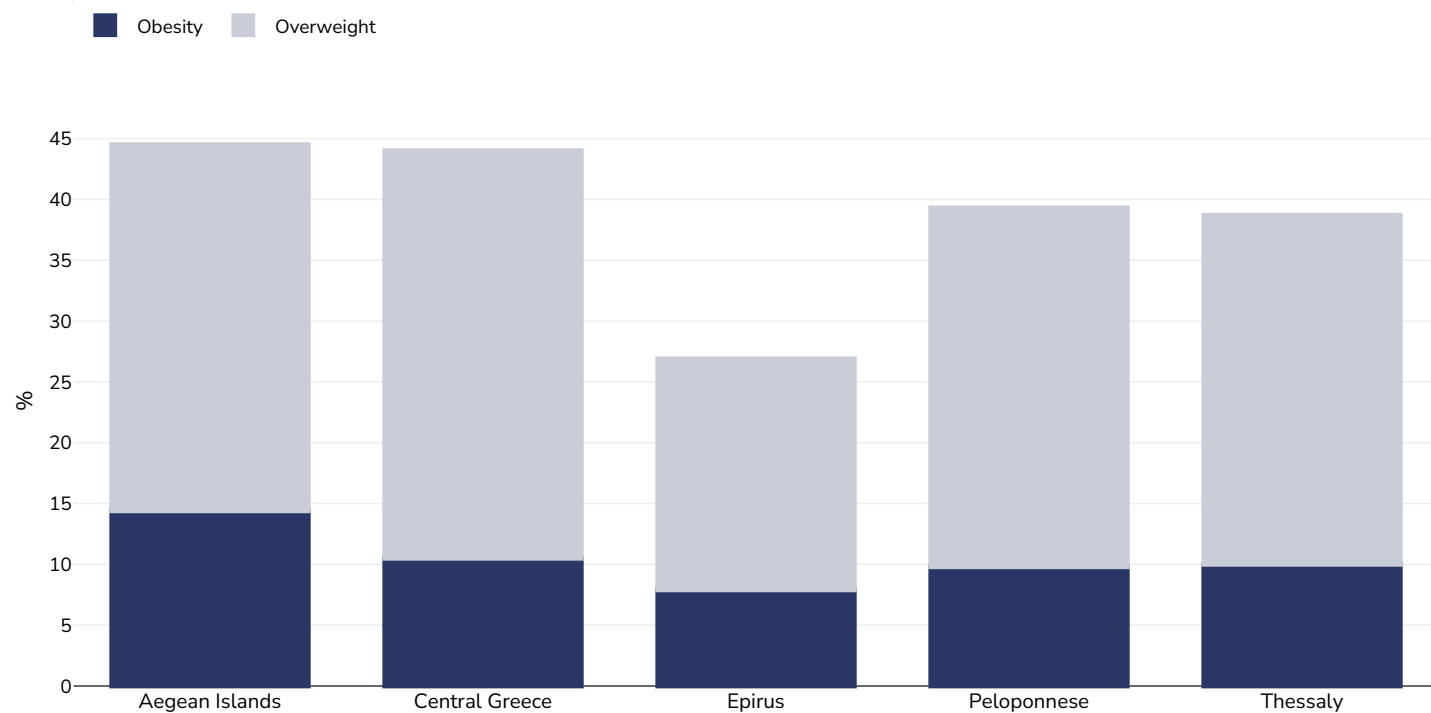
Legend: ■ Obesity ■ Overweight

Survey type:	Measured
Age:	13
Sample size:	4833
Area covered:	National
References:	Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M (2016) Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents in Greece. Int J Pediatr Adolesc Med. 2016 Dec;3(4):153-161. doi: 10.1016/j.ijpam.2016.06.002. Epub 2016 Sep 6
Notes:	International IOTF Cut off points
Cutoffs:	IOTF

Girls, 2010-2012

Legend: ■ Obesity ■ Overweight

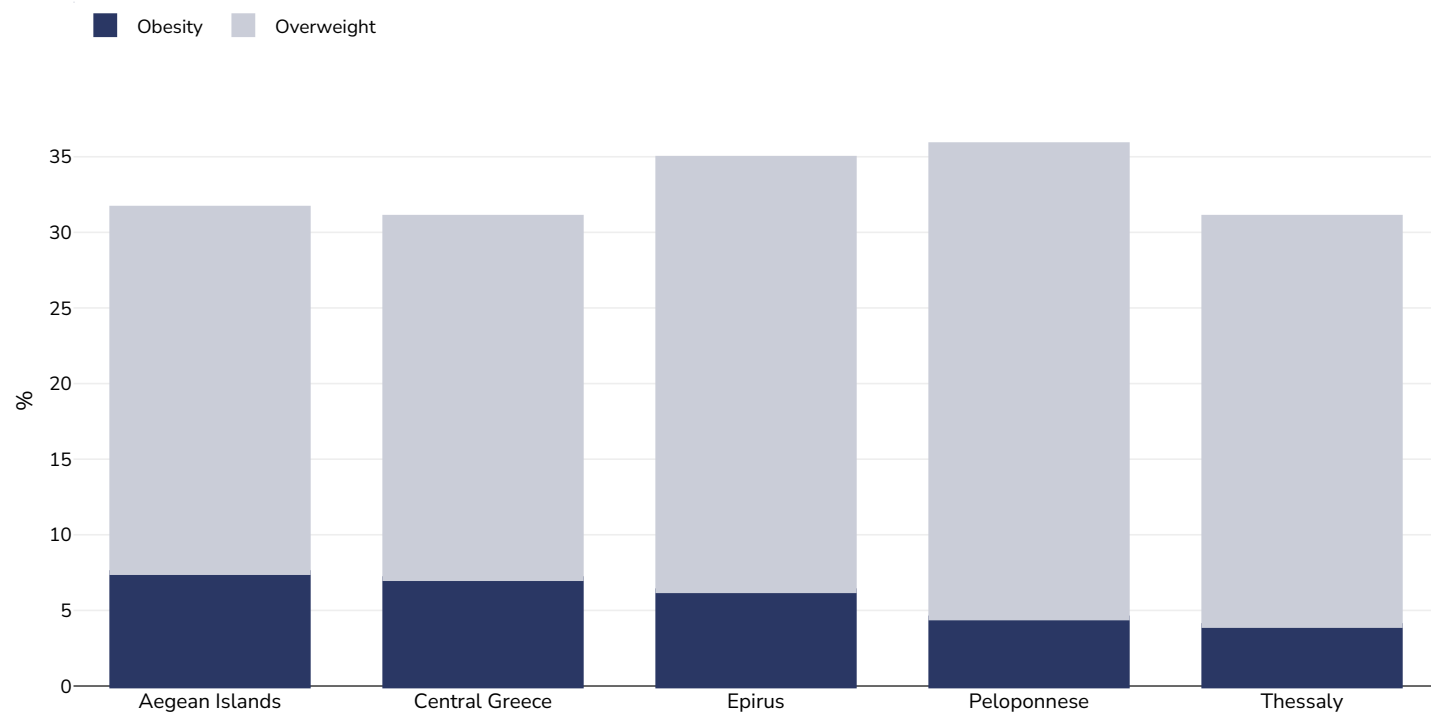| Survey type:	Measured
Age:	13
Sample size:	4833
Area covered:	National
References:	Poulimeneas D, Grammatikopoulou MG, Dimitrakopoulos L, Kotsias E, Gerothanasi D, Kiranas ER, Tsigga M (2016) Regional differences in the prevalence of underweight, overweight and obesity among 13-year-old adolescents in Greece. Int J Pediatr Adolesc Med. 2016 Dec;3(4):153-161. doi: 10.1016/j.ijpam.2016.06.002. Epub 2016 Sep 6
Notes:	International IOTF Cut off points
Cutoffs:	IOTF

Overweight/obesity by age and region

Men, 2014

Legend: Obesity (dark blue), Overweight (light grey)

Survey type:	Self-reported
Area covered:	National
References:	Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014

Legend: ■ Obesity ■ Overweight

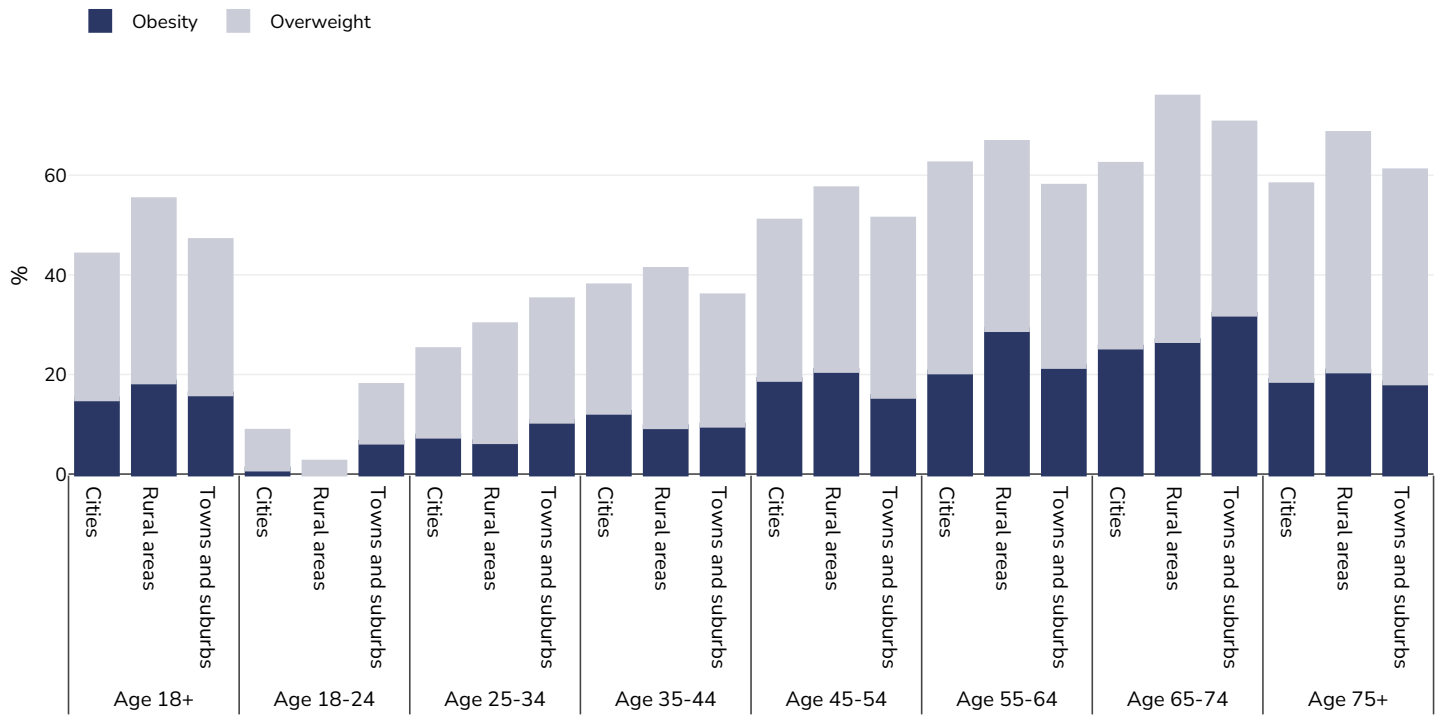| Survey type:	Self-reported
Area covered:	National
References:	Eurostat http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1u&lang=en (last accessed 25.08.20)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by age and socio-economic group

Adults, 2019

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & income quintile
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2019

Legend: ■ Obesity   ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & income quintile

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2019

Legend: ■ Obesity ■ Overweight

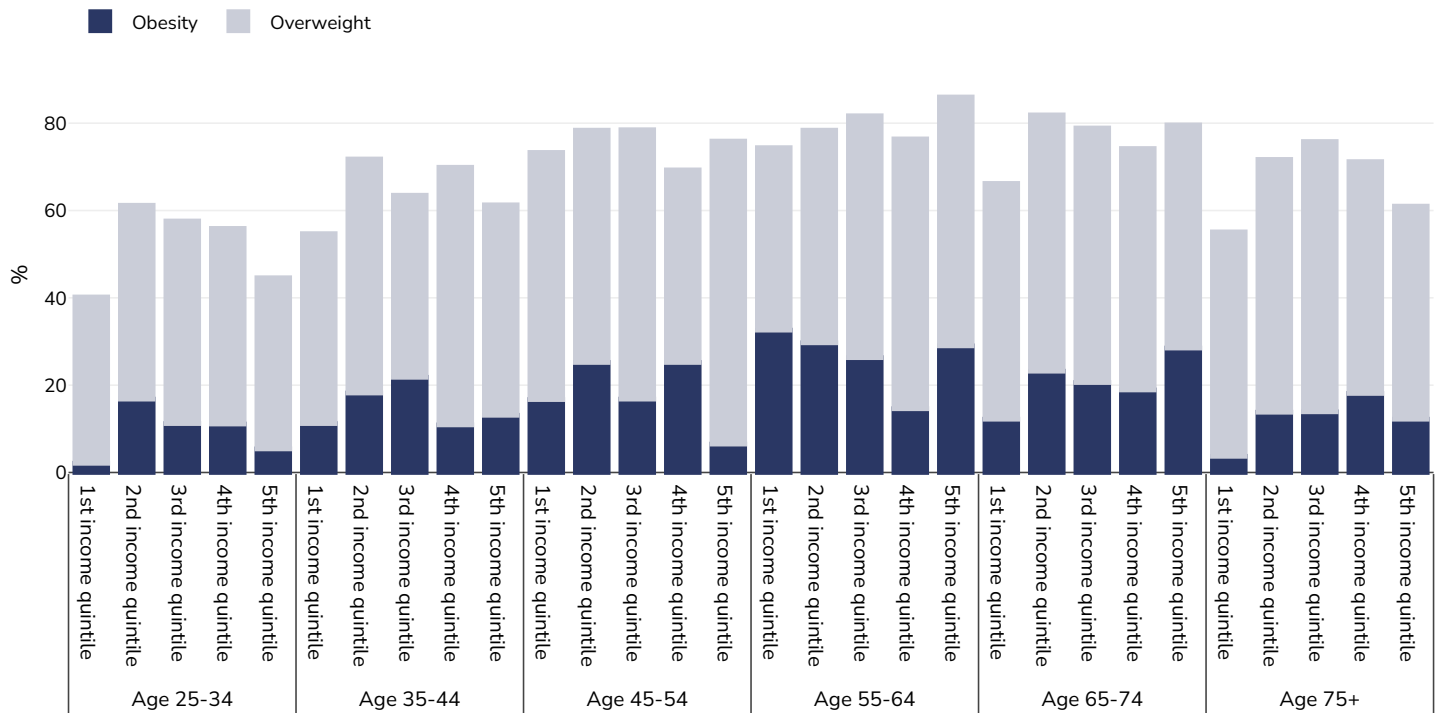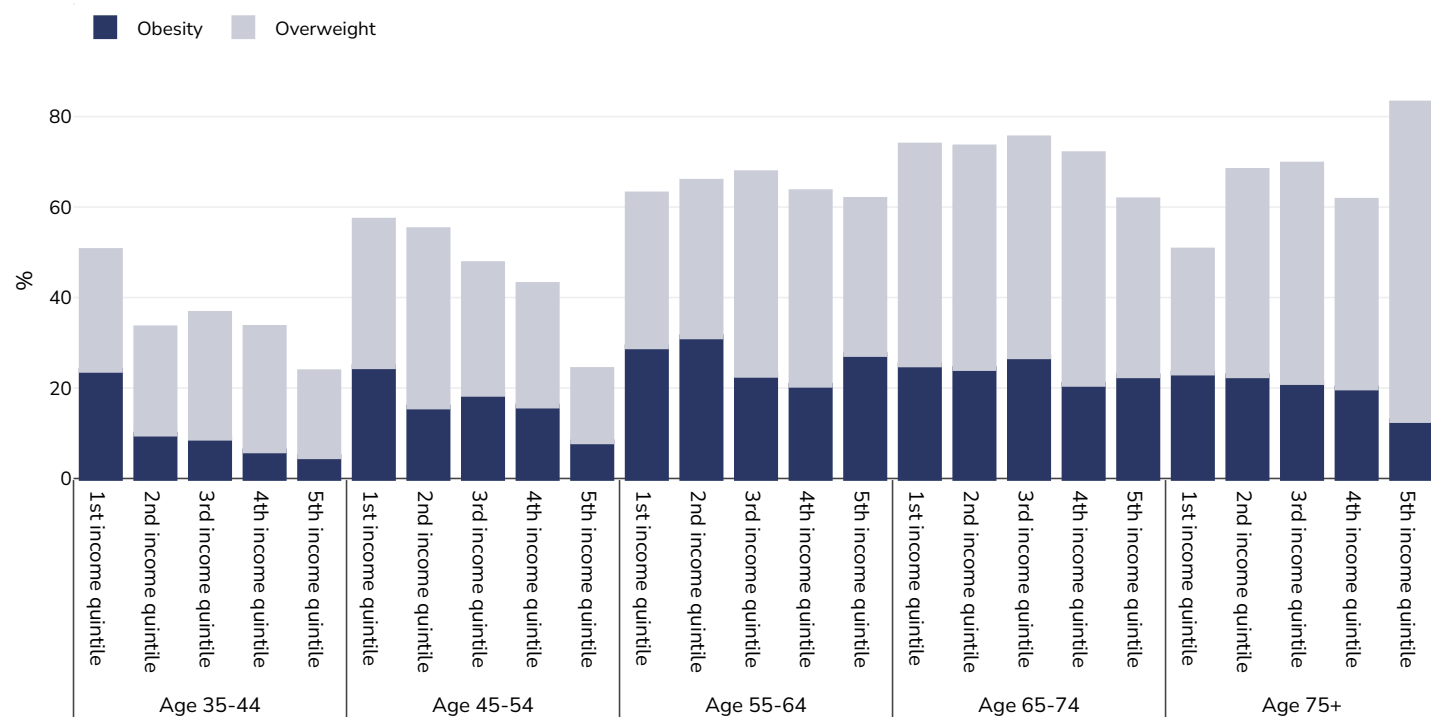| Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2019. Available at https://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 09.08.21).
Notes:	NB. Some age ranges missing due to insufficient data to display by age & income quintile

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Overweight/obesity by socio-economic group

Men, 2014

■ Obesity   ■ Overweight

Survey type:	Self-reported
Age:	18+
Sample size:	Total sample number in EU: 35100 (Age 18+)
Area covered:	National
References:	EUROSTAT Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 9 November 2016)
Notes:	1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014

Legend: ■ Obesity ■ Overweight

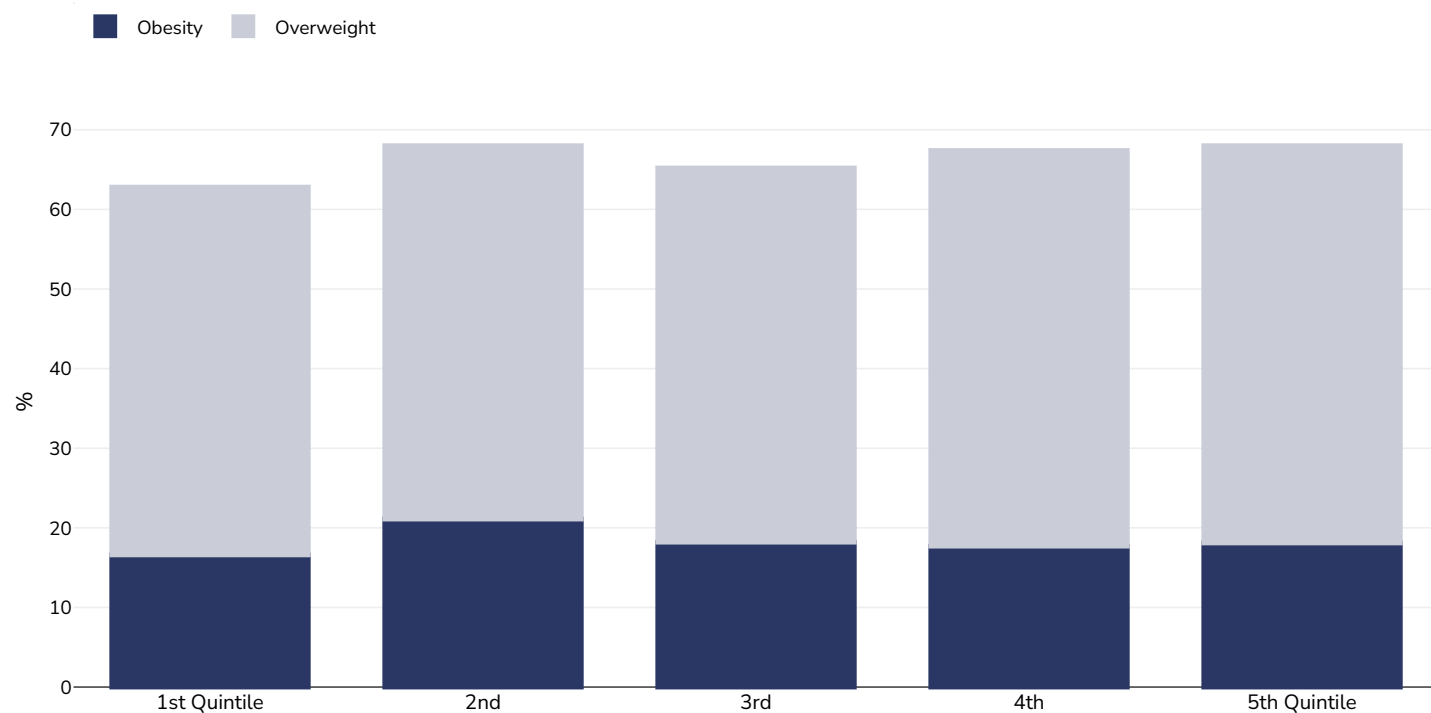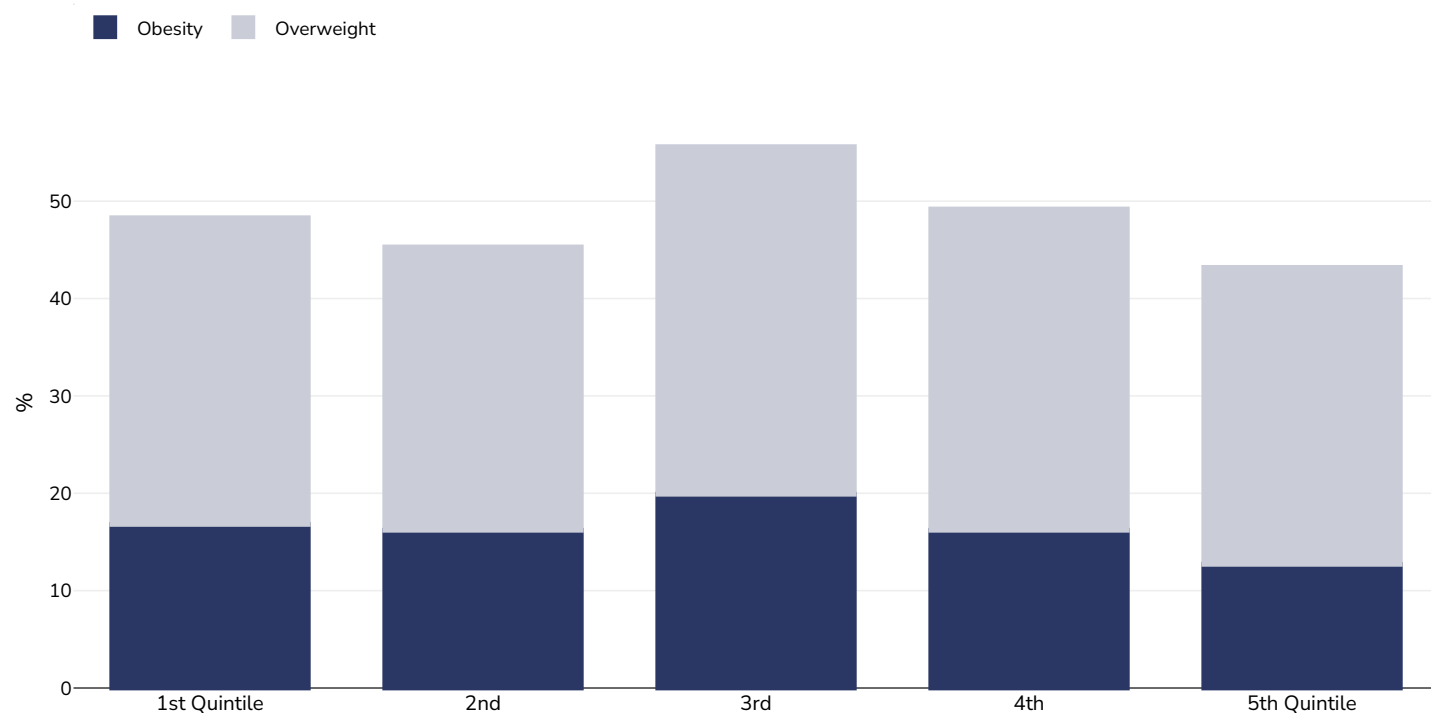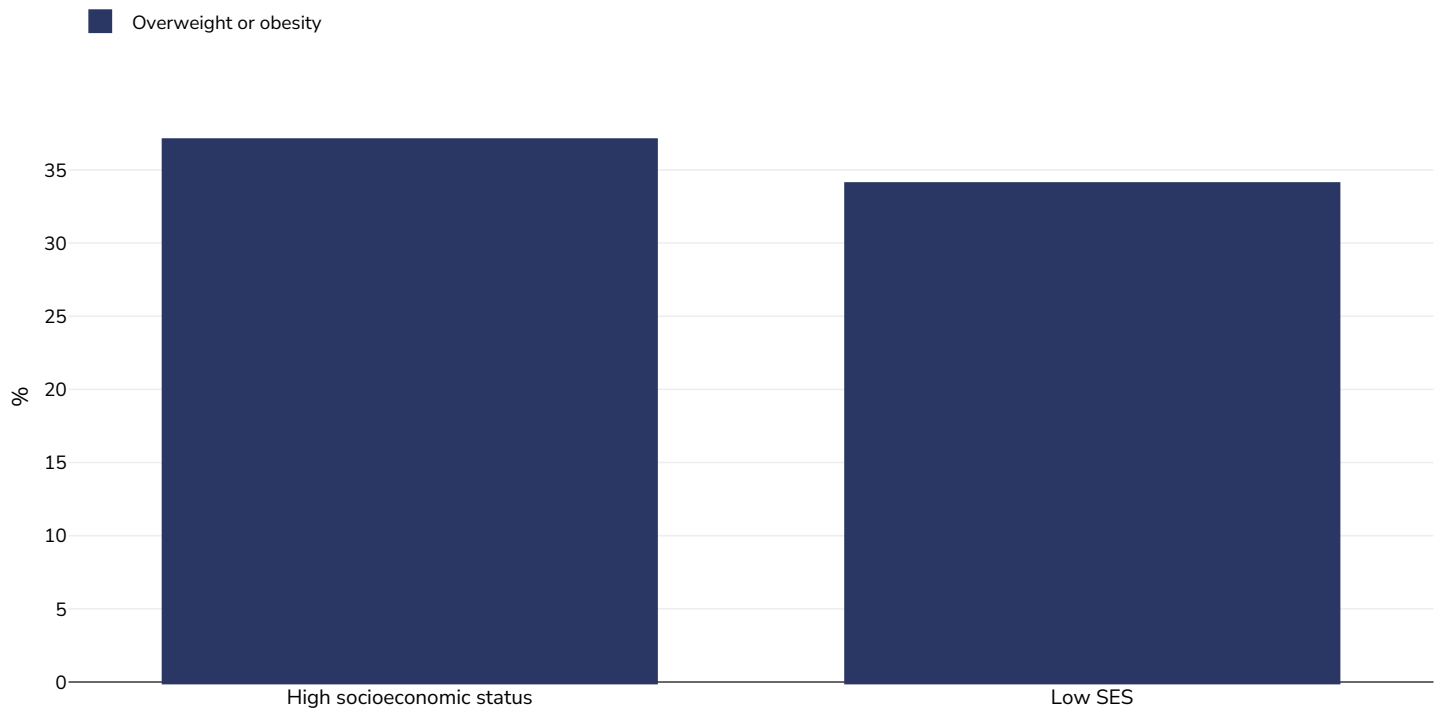| Survey type:	Self-reported
Age:	18+
Sample size:	Total sample number in EU: 35100 (Age 18+)
Area covered:	National
References:	EUROSTAT Database: http://appsso.eurostat.ec.europa.eu/nui/show.do?dataset=hlth_ehis_bm1i&lang=en (last accessed 9 November 2016)
Notes:	1st Quintile (lowest income), 5th Quintile (highest income) Please note where data = zero, there were insufficient data.
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Boys, 2021-2022

	High socioeconomic status	Low SES

Survey type:	Self-reported
Age:	11-15
References:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Girls, 2021-2022

■ Overweight or obesity

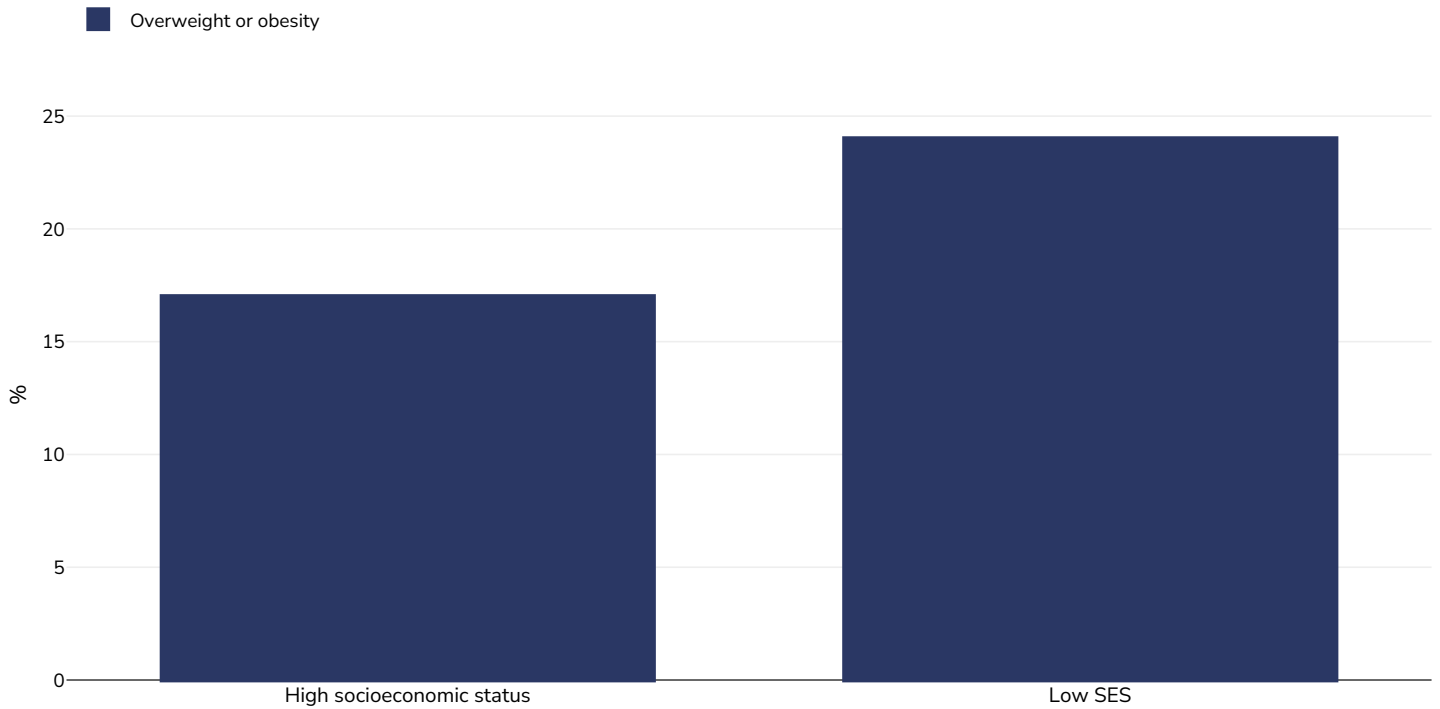| Survey type:	Self-reported
Age:	11-15
References:	Raki? JG, Hamrik Z, Dzielska A, Felder-Puig R, Oja L, Bakalár P et al. A focus on adolescent physical activity, eating behaviours, weight status and body image in Europe, central Asia and Canada. Health Behaviour in School-aged Children (HBSC) international report from the 2021/2022 survey. Volume 4. Copenhagen: WHO Regional Office for Europe; 2024. 'Any translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition'
Notes:	Family affluence scaleHBSC aims to survey approximately 1500 pupils per age group in each country or region (totaling around 4500)
Cutoffs:	+2SD

Overweight/obesity by age and limited activity

Adults, 2014

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Men, 2014

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2014

Legend: ■ Obesity ■ Overweight

Survey type:	Self-reported
Area covered:	National
References:	Eurostat 2014 available at https://appsso.eurostat.ec.europa.eu/nui/submitViewTableAction.do (last accessed 06.10.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
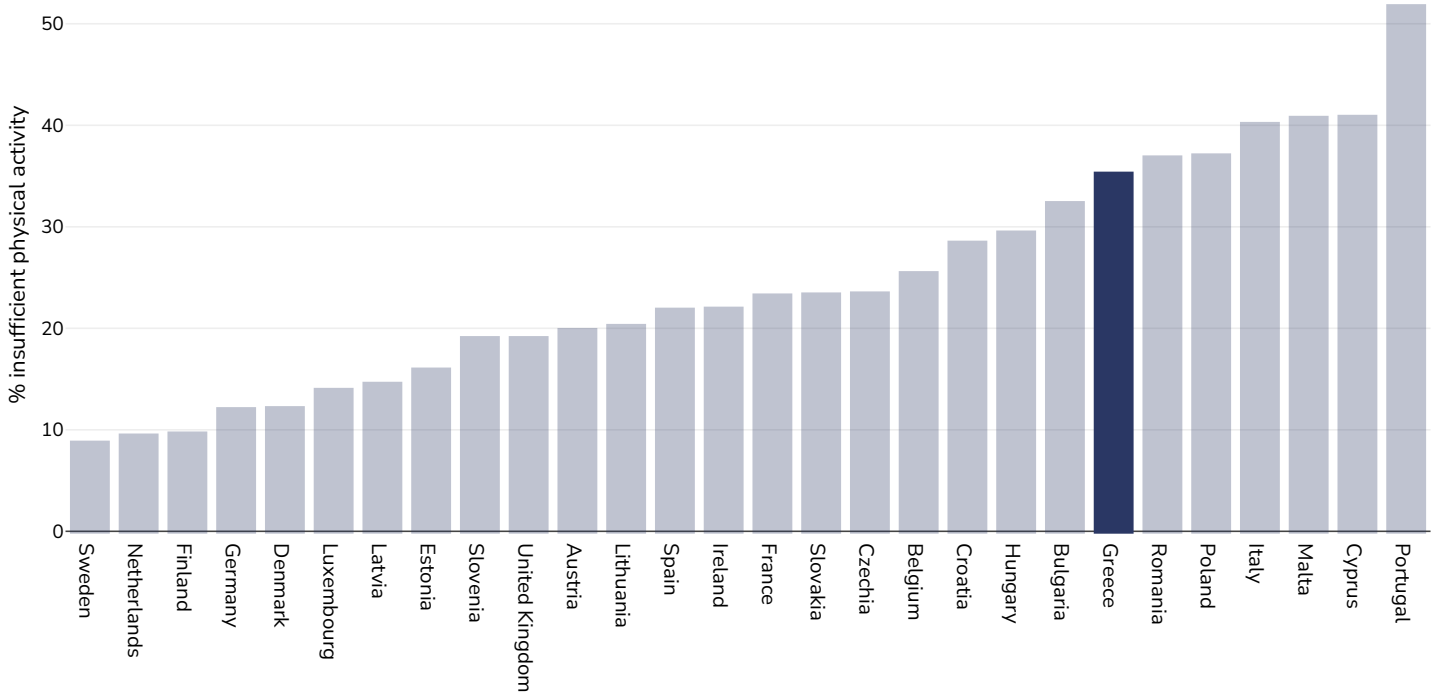
Insufficient physical activity

Adults, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Men, 2022

Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Women, 2022

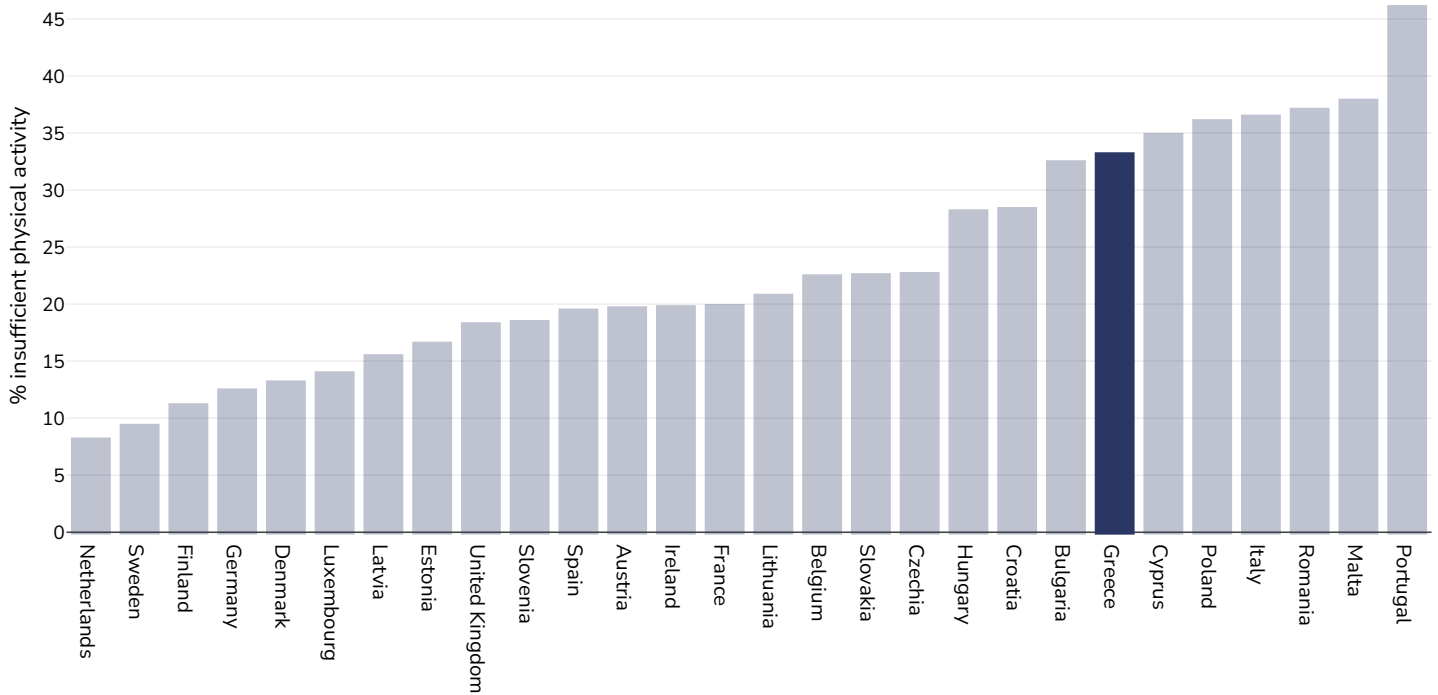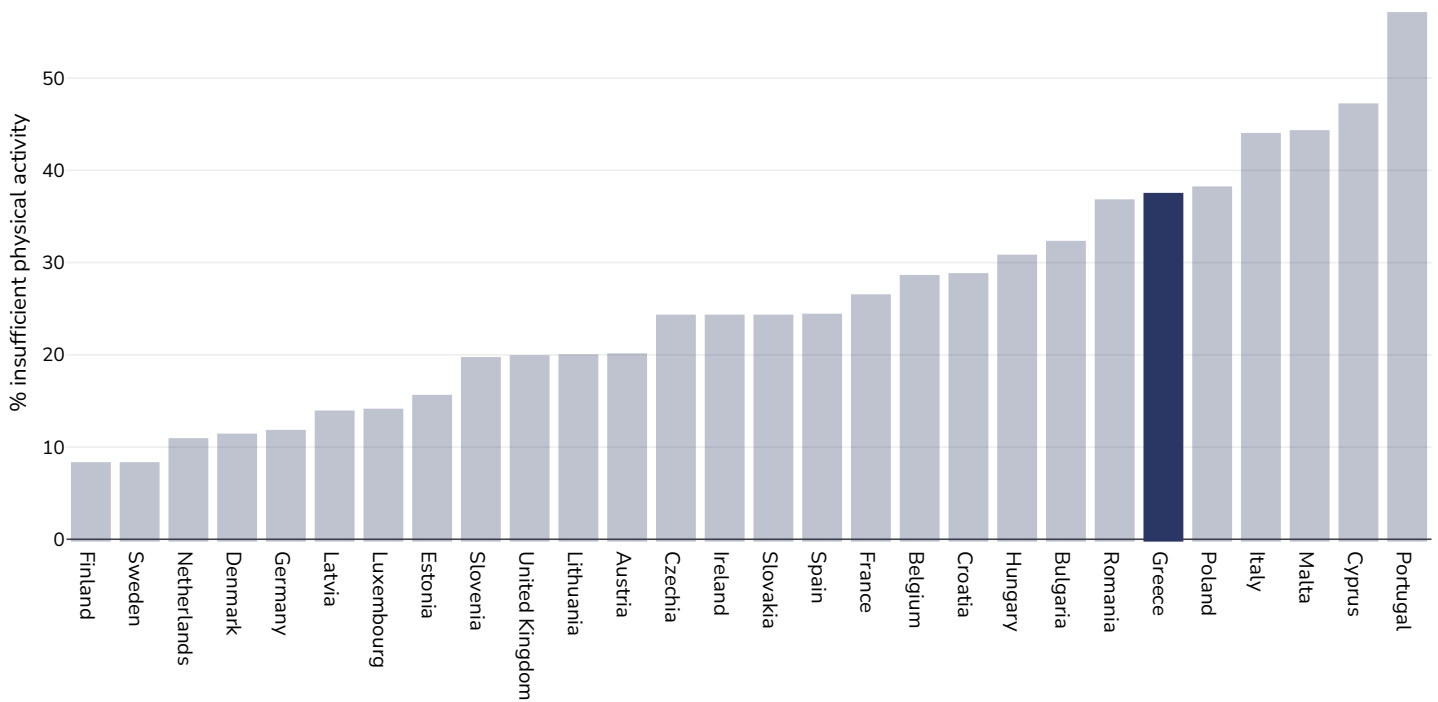| Survey type:	Self-reported
Age:	18+
Area covered:	National
References:	WHO (2024). Prevalence of insufficient physical activity among adults aged 18-years age-standardized estimate in 2022. Available at https://www.who.int/data/gho/data/indicators/indicator-details/GHO/prevalence-of-insufficient-physical-activity-among-adults-aged-18-years-(age-standardized-estimate)-(-)
Definitions:	Percent of population attaining less than 150 minutes of moderate-intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week, or equivalent.

Children, 2016
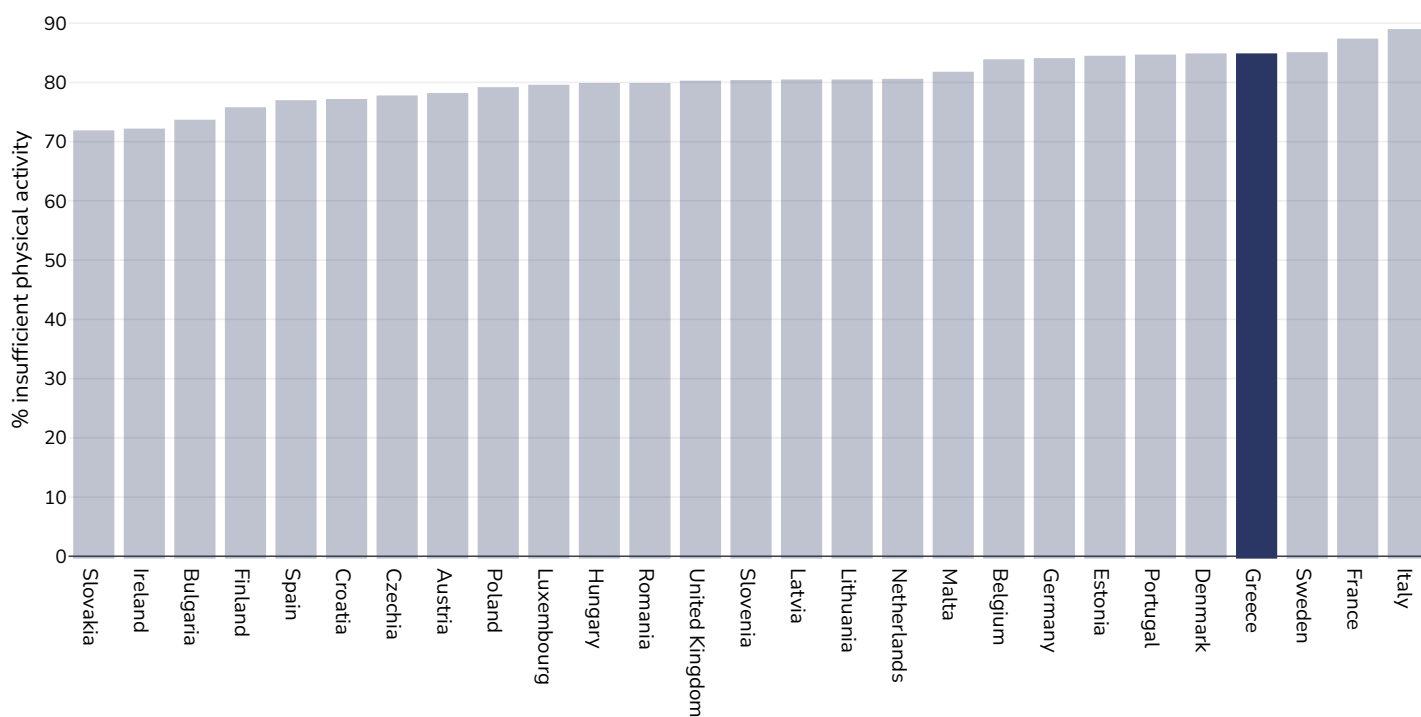
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Boys, 2016

Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Girls, 2016

% insufficient physical activity

Slovakia, Bulgaria, Ireland, Czechia, Finland, Spain, Netherlands, Croatia, Latvia, Poland, Austria, Lithuania, Luxembourg, United Kingdom, Slovenia, Hungary, Malta, Romania, Denmark, Sweden, Estonia, Germany, Belgium, Greece, Portugal, Italy, France

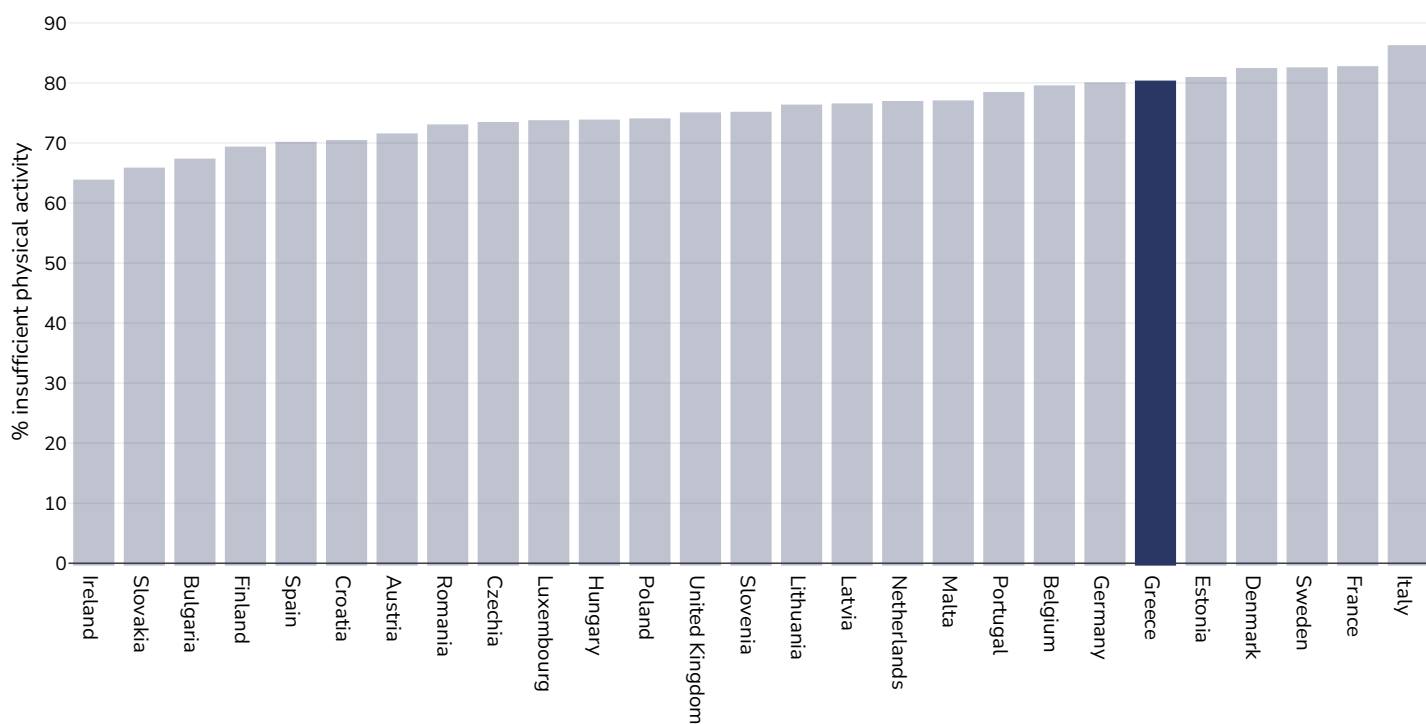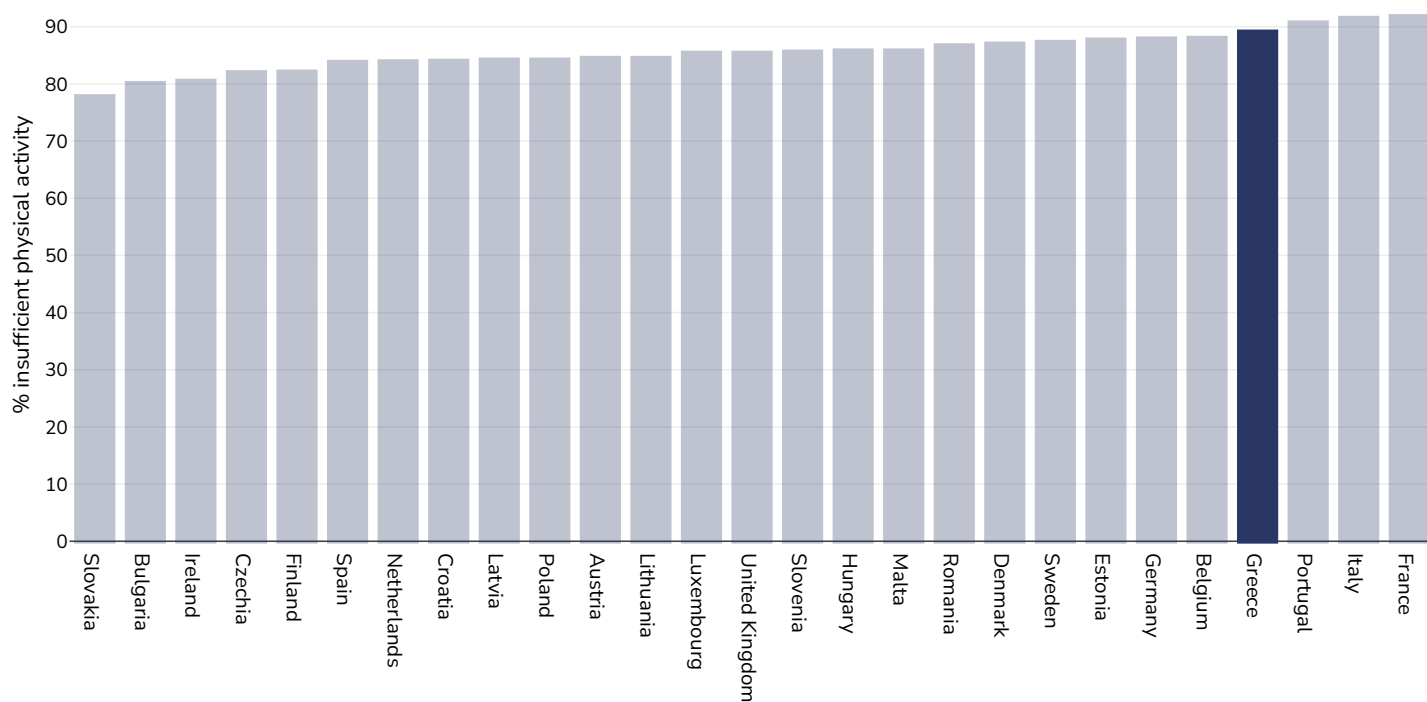|	
Survey type:	Self-reported
Age:	11-17
References:	Global Health Observatory data repository, World Health Organisation, https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)
Notes:	% of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.
Definitions:	% Adolescents insufficiently active (age standardised estimate)

Sugar consumption

Adults, 2016

Number of portions

Finland, Netherlands, Germany, Denmark, Sweden, Spain, Portugal, France, Austria, United Kingdom, Ireland, Belgium, Italy, Romania, Slovenia, Czechia, Bulgaria, Poland, Slovakia, Greece, Croatia, Hungary, Estonia, Lithuania, Latvia
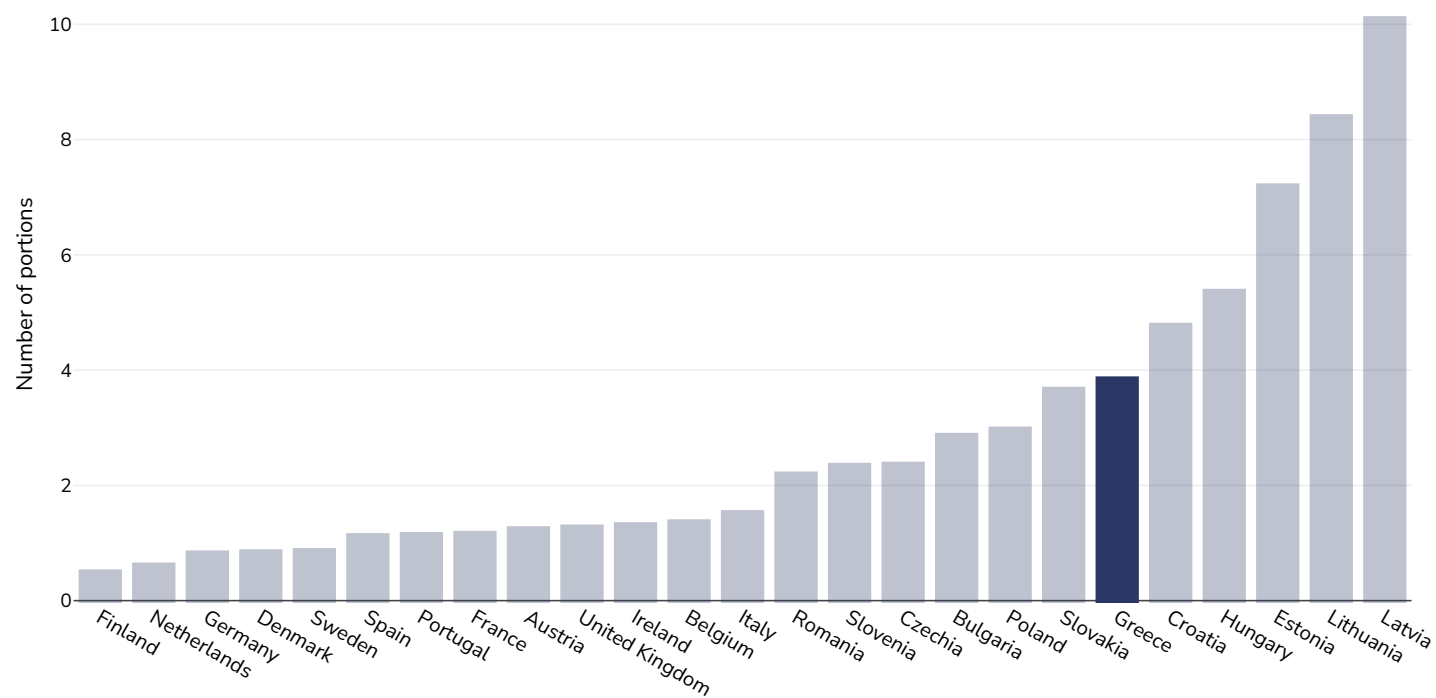
References:

Source: Euromonitor International

Definitions:

Sugar consumption (Number of 500g sugar portions/person/month)

Estimated per capita sugar sweetened beverages intake

Adults, 2016
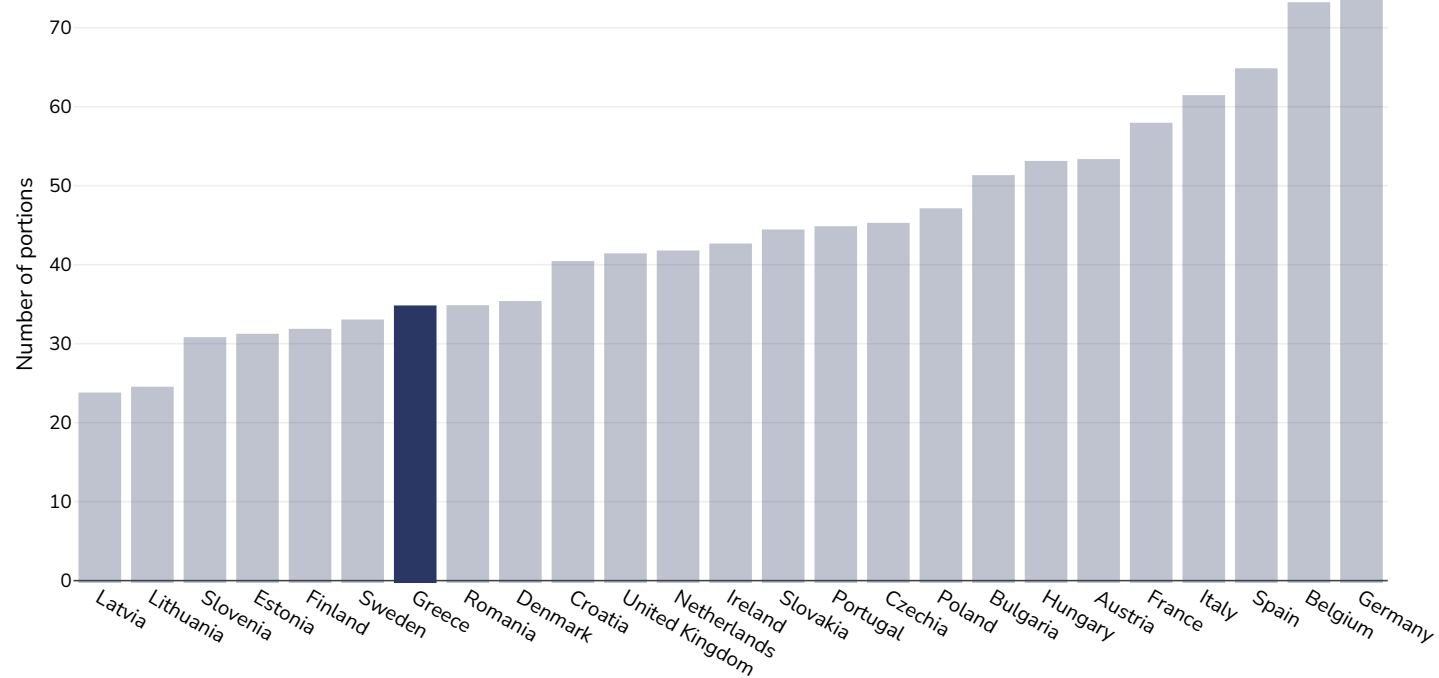
References:

Source: Euromonitor International

Prevalence of at least daily carbonated soft drink consumption

Children, 2014
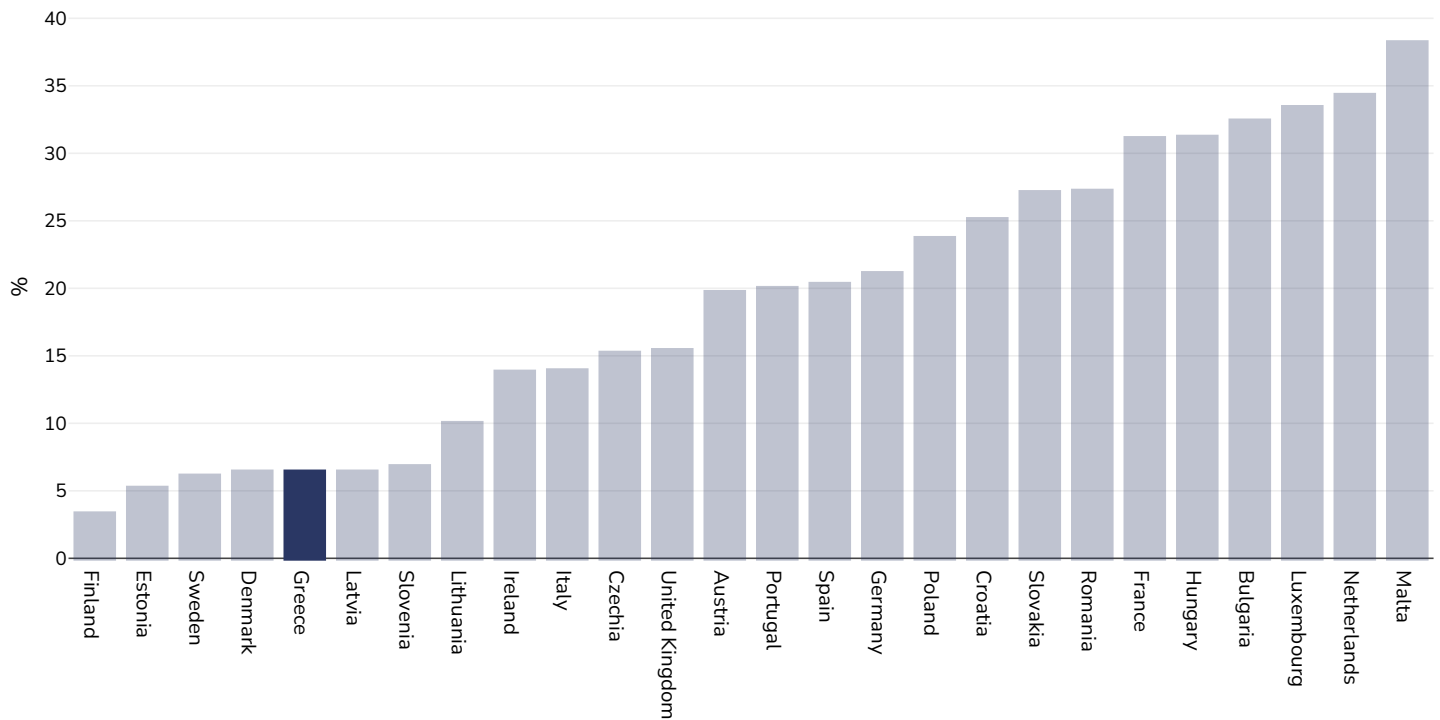
Survey type:	Measured

References:	World Health Organization. (2017). Adolescent obesity and related behaviours: Trends and inequalities in the who european region, 2002-2014: observations from the Health Behavior in School-aged Children (HBSC) WHO collaborative cross-national study (J. Inchley, D. Currie, J. Jewel, J. Breda, & V. Barnekow, Eds.). World Health Organization. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org

Notes:	15-year-old adolescents

Definitions:	Prevalence of at least daily carbonated soft drink consumption (% of at least daily carbonated soft drink consumption)

Prevalence of confectionery consumption

Adults, 2016

Number of portions

Romania, Portugal, Greece, Italy, Bulgaria, Hungary, Spain, Croatia, Poland, Lithuania, Latvia, Czechia, Slovenia, France, Slovakia, Belgium, Estonia, Denmark, Netherlands, Sweden, Finland, United Kingdom, Austria, Ireland, Germany
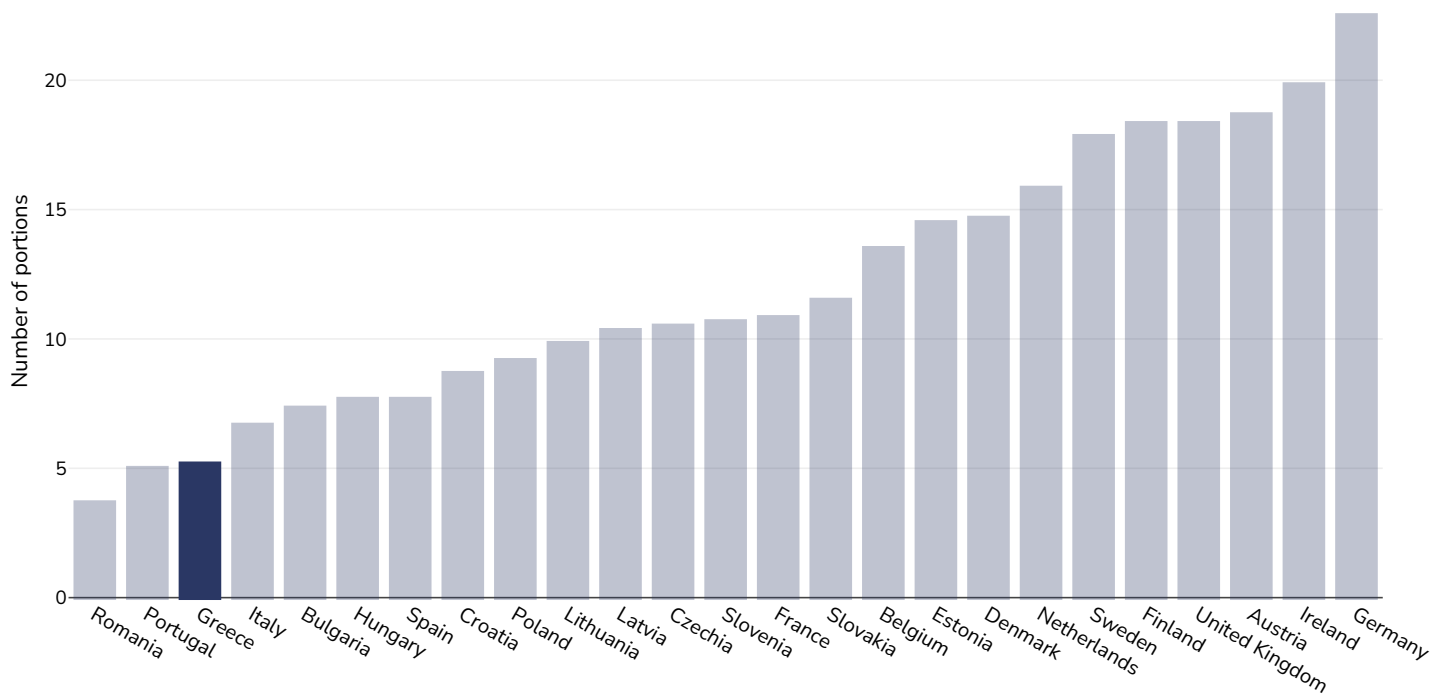
References:	Source: Euromonitor International
Definitions:	Prevalence of confectionery consumption (Number of 50g confectionery portions/person/month)

Prevalence of sweet/savoury snack consumption

Adults, 2016

Chart: Number of portions (y-axis) by country
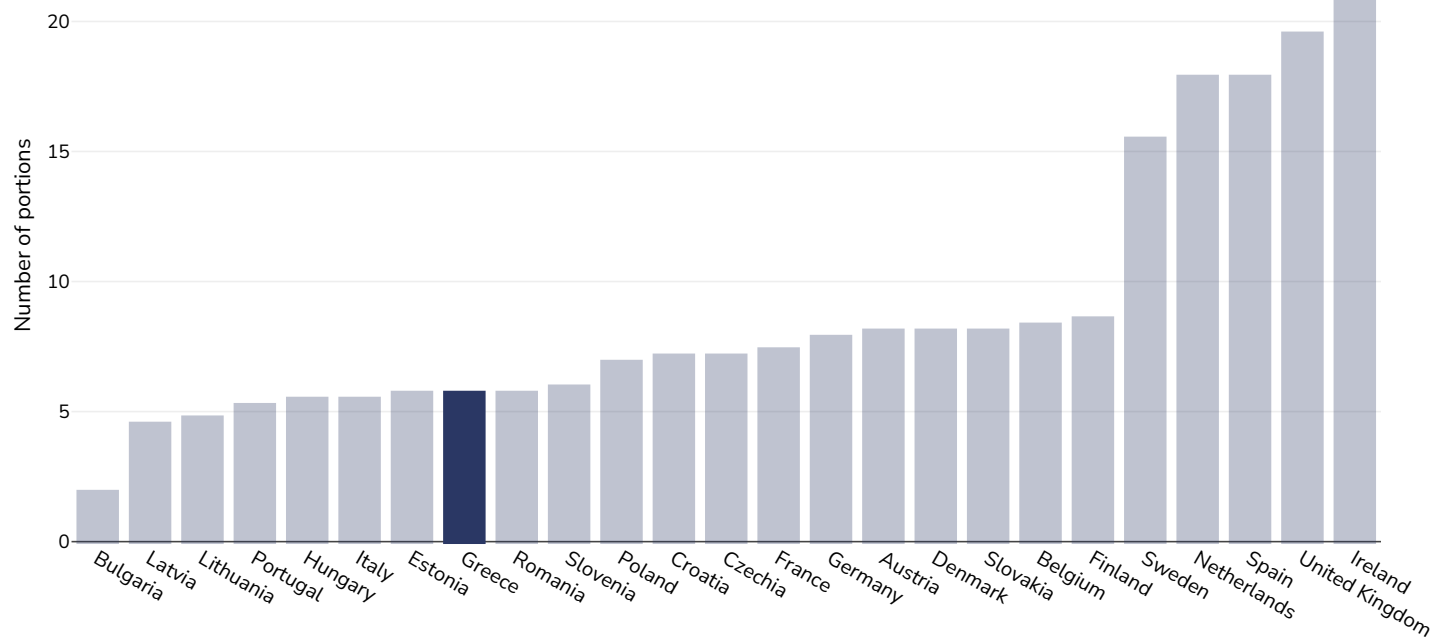
References:

Definitions: Prevalence of sweet/savoury snack consumption (Number of 35g sweet/savoury snack portions/person/month)

Estimated per capita fruit intake

Adults, 2017
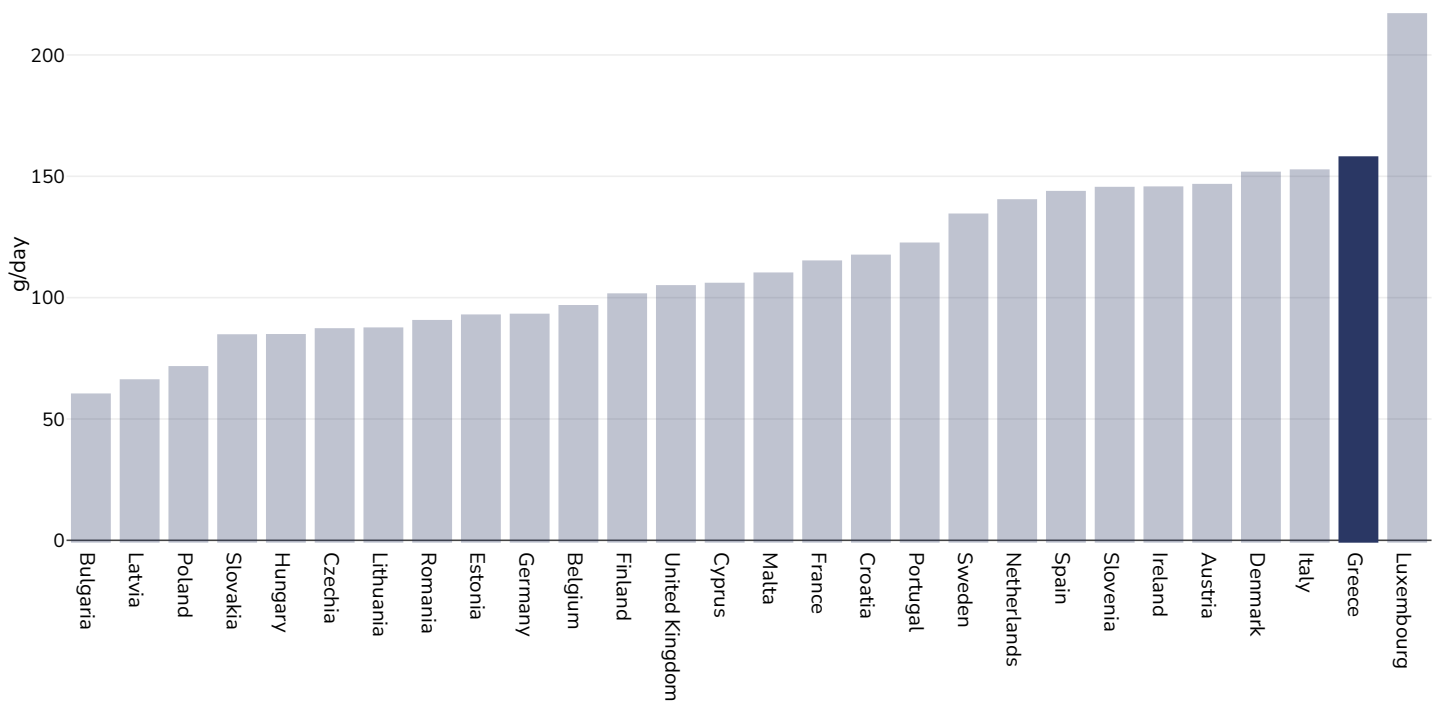
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita fruit intake (g/day)

Prevalence of less than daily fruit consumption

Children, 2014

Legend: ■ Age 12-17 □ Age 15

y-axis: % < daily consumption (0 to 40)

Countries (x-axis): Finland, Latvia, Sweden, Estonia, Lithuania, Greece, Poland, Netherlands, Hungary, Slovakia, Spain, France, Croatia, Bulgaria, Czechia, Italy, Malta, Germany, United Kingdom, Romania, Luxembourg, Slovenia, Portugal, Ireland, Denmark, Austria
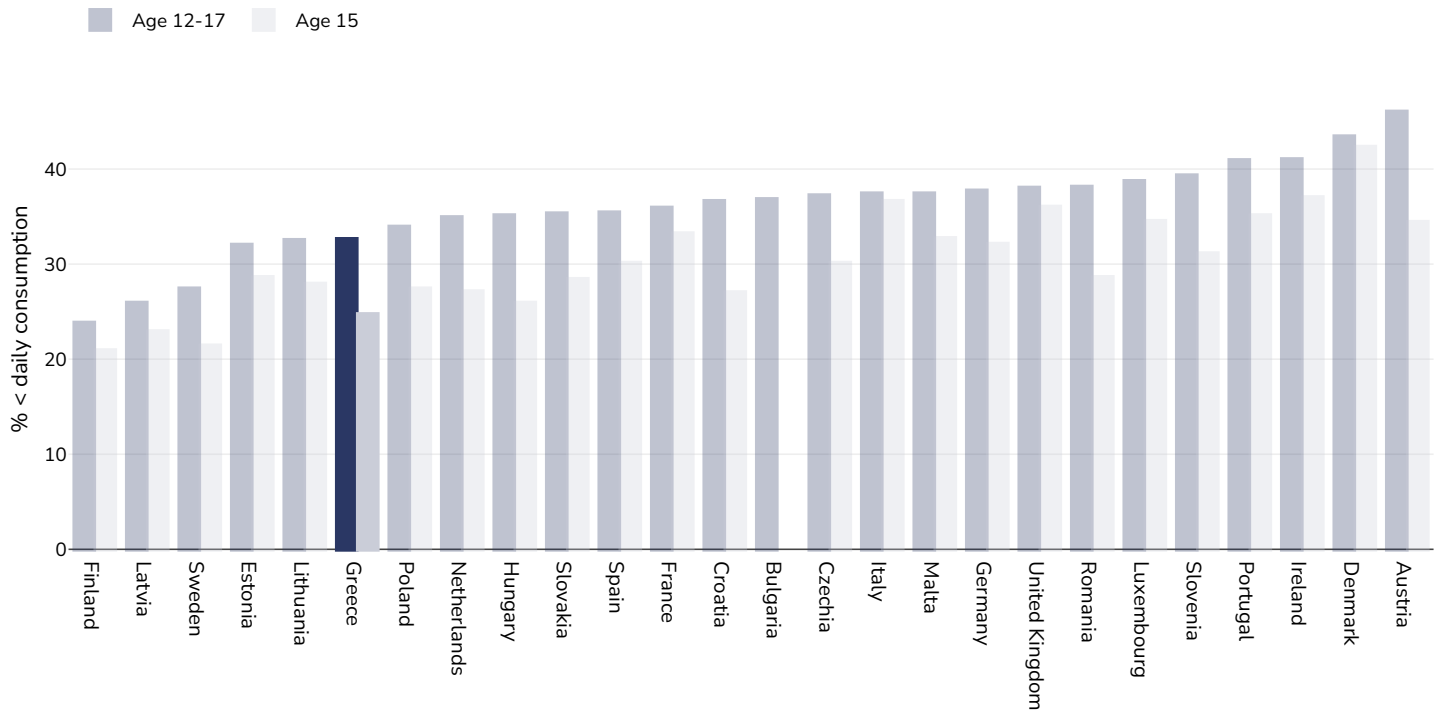
Survey type:	Measured

References:	Global School-based Student Health Surveys. Beal et al (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287. Sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system

Definitions:	Prevalence of less-than-daily fruit consumption (% less-than-daily fruit consumption)

Prevalence of less than daily vegetable consumption

Children, 2014
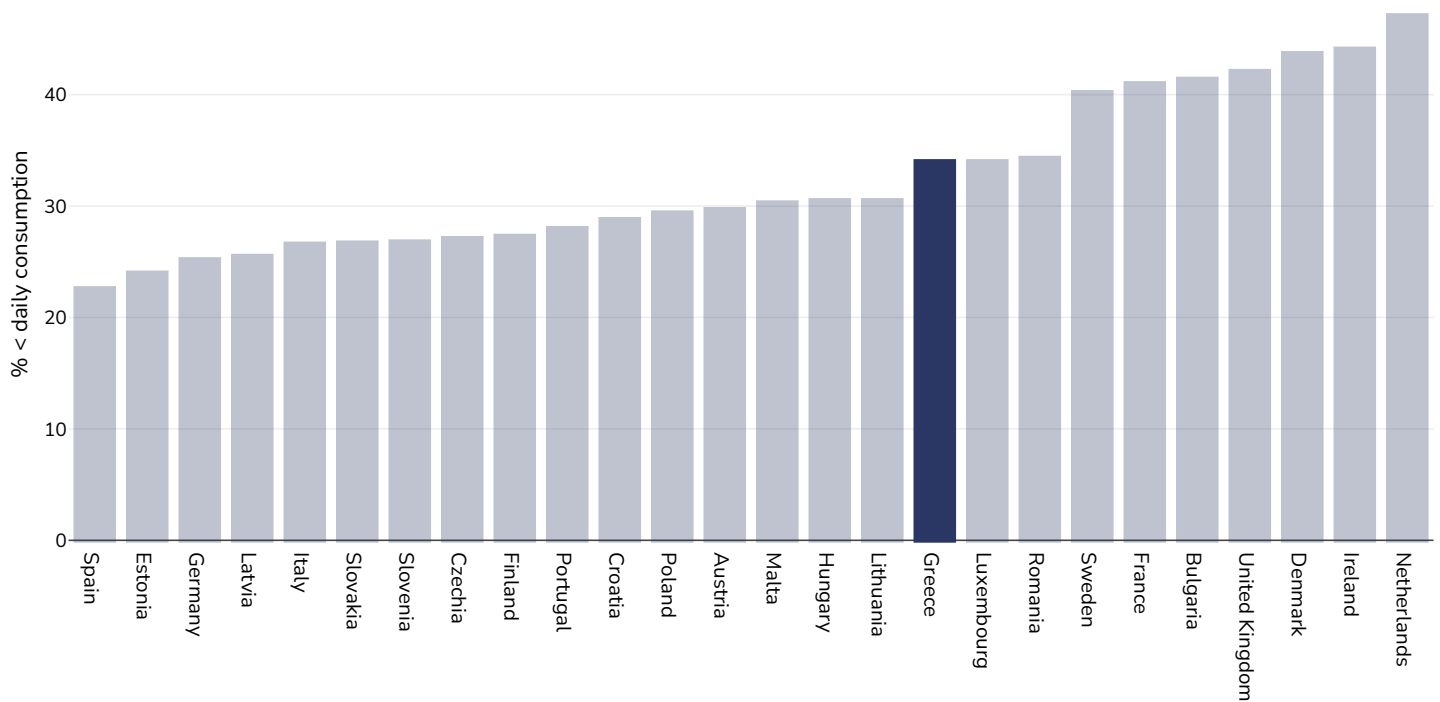
Survey type:	Measured
Age:	12-17
References:	Beal et al. (2019). Global Patterns of Adolescent Fruit, Vegetable, Carbonated Soft Drink, and Fast-food consumption: A meta-analysis of global school-based student health surveys. Food and Nutrition Bulletin. https://doi.org/10.1177/0379572119848287 sourced from Food Systems Dashboard http://www.foodsystemsdashboard.org/food-system
Definitions:	Prevalence of less-than-daily vegetable consumption (% less-than-daily vegetable consumption)

Estimated per-capita processed meat intake

Adults, 2017
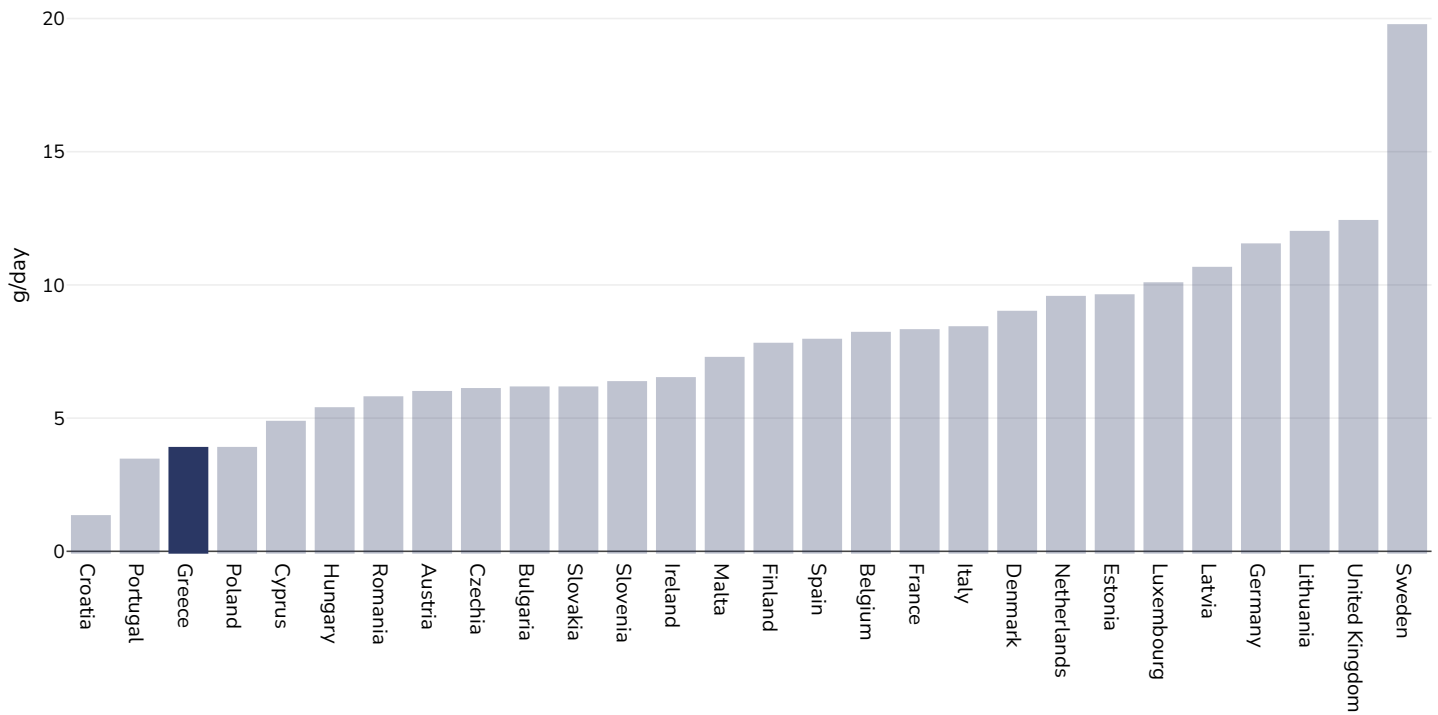
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita processed meat intake (g per day)

Estimated per capita whole grains intake

Adults, 2017
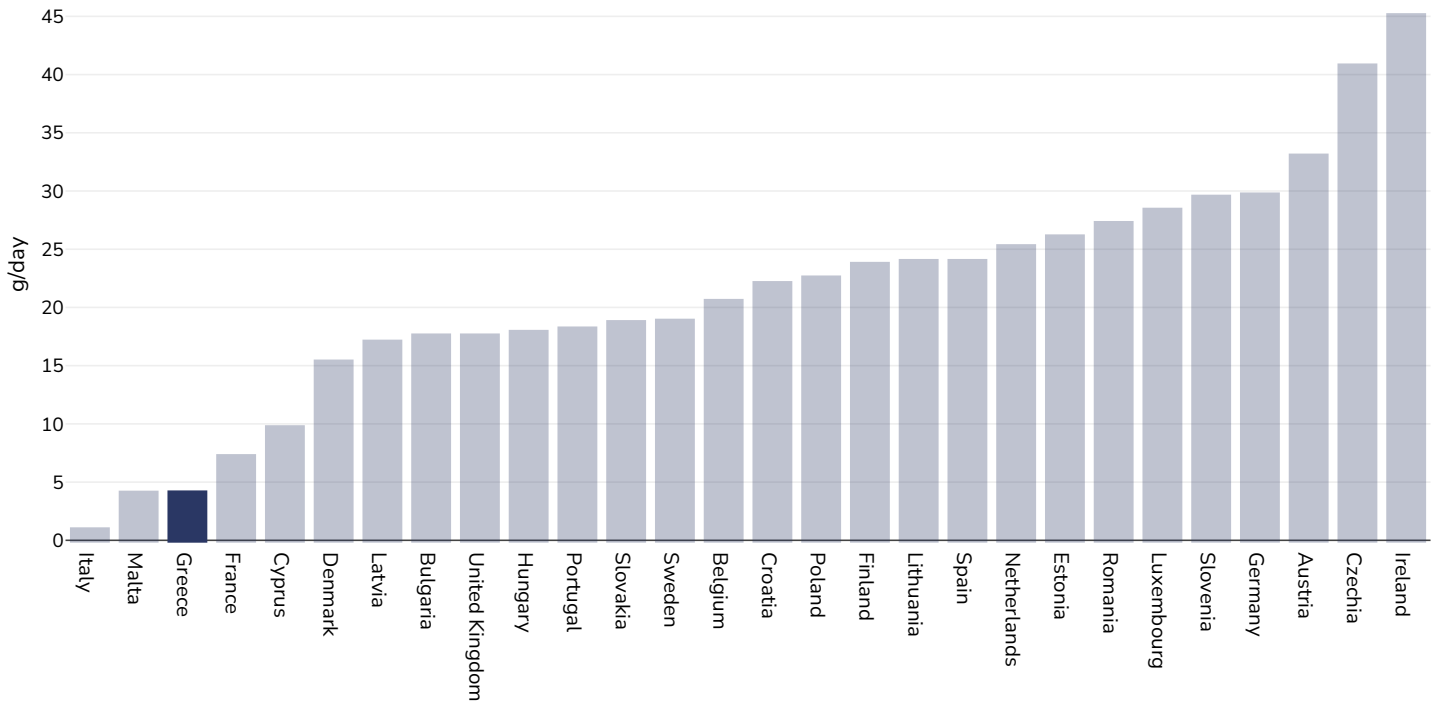
Survey type:	Measured
Age:	25+
References:	Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/
Definitions:	Estimated per-capita whole grains intake (g/day)

Mental health - depression disorders

Adults, 2015
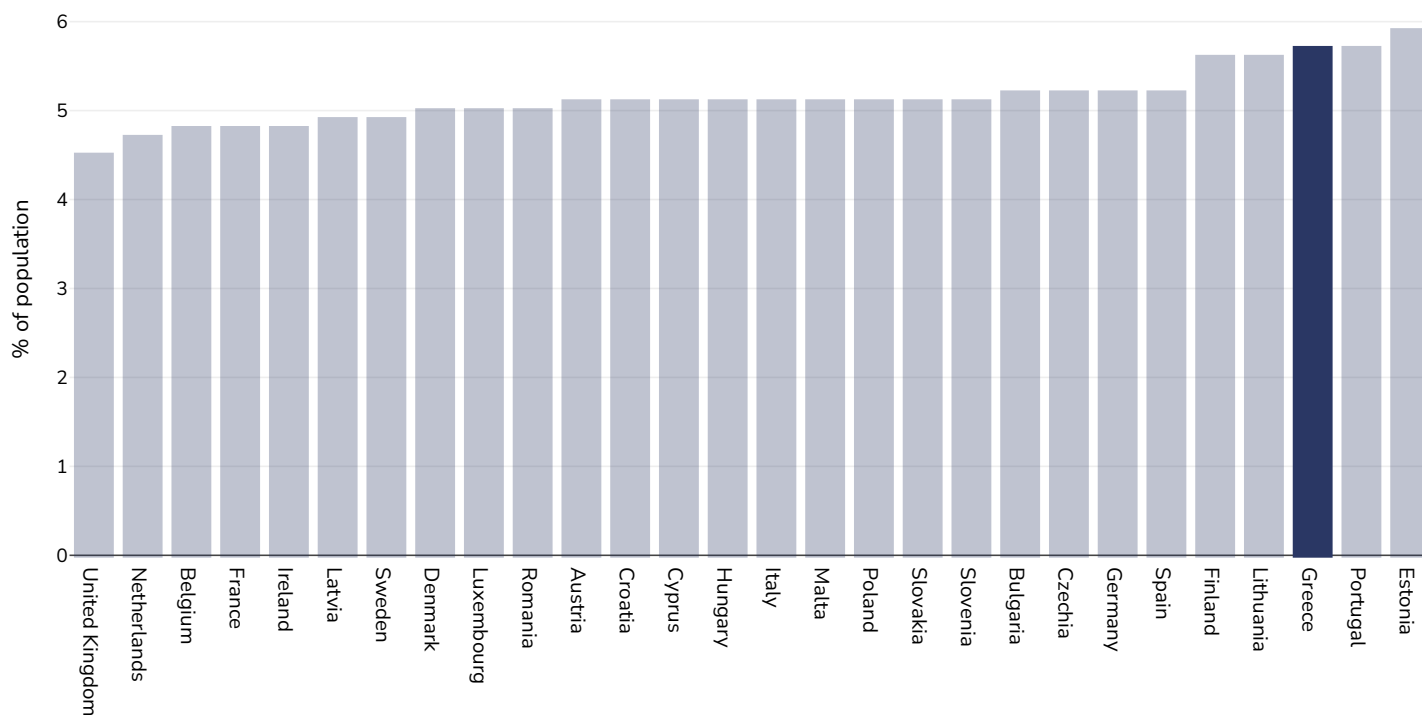
Chart: % of population with depression disorders by country (Adults, 2015)

Country	% of population
United Kingdom	4.5
Netherlands	4.7
Belgium	4.8
France	4.8
Ireland	4.8
Latvia	4.9
Sweden	4.9
Denmark	5.0
Luxembourg	5.0
Romania	5.0
Austria	5.1
Croatia	5.1
Cyprus	5.1
Hungary	5.1
Italy	5.1
Malta	5.1
Poland	5.1
Slovakia	5.1
Slovenia	5.1
Bulgaria	5.2
Czechia	5.2
Germany	5.2
Spain	5.2
Finland	5.6
Lithuania	5.6
Greece	5.7
Portugal	5.7
Estonia	5.9

References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders

Mental health - anxiety disorders

Adults, 2015
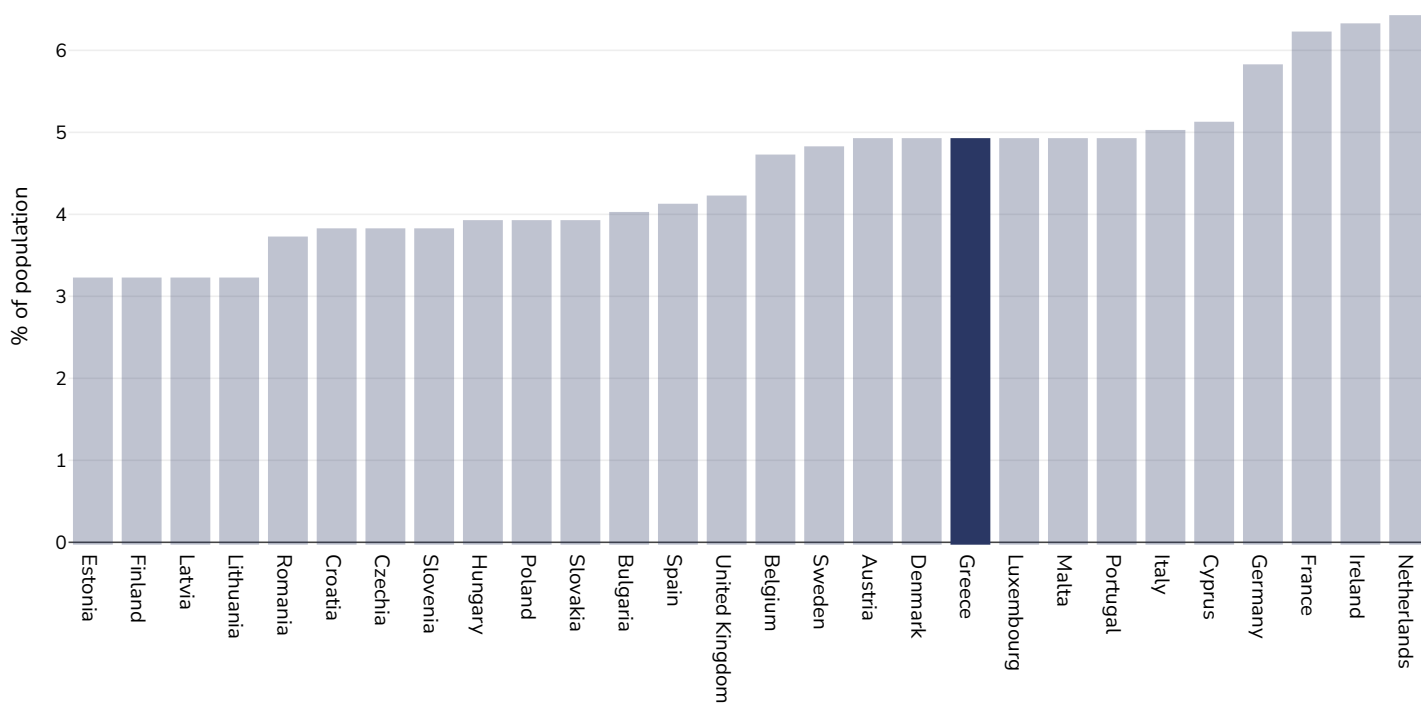
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva:World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with anxiety disorders

Oesophageal cancer

Men, 2022

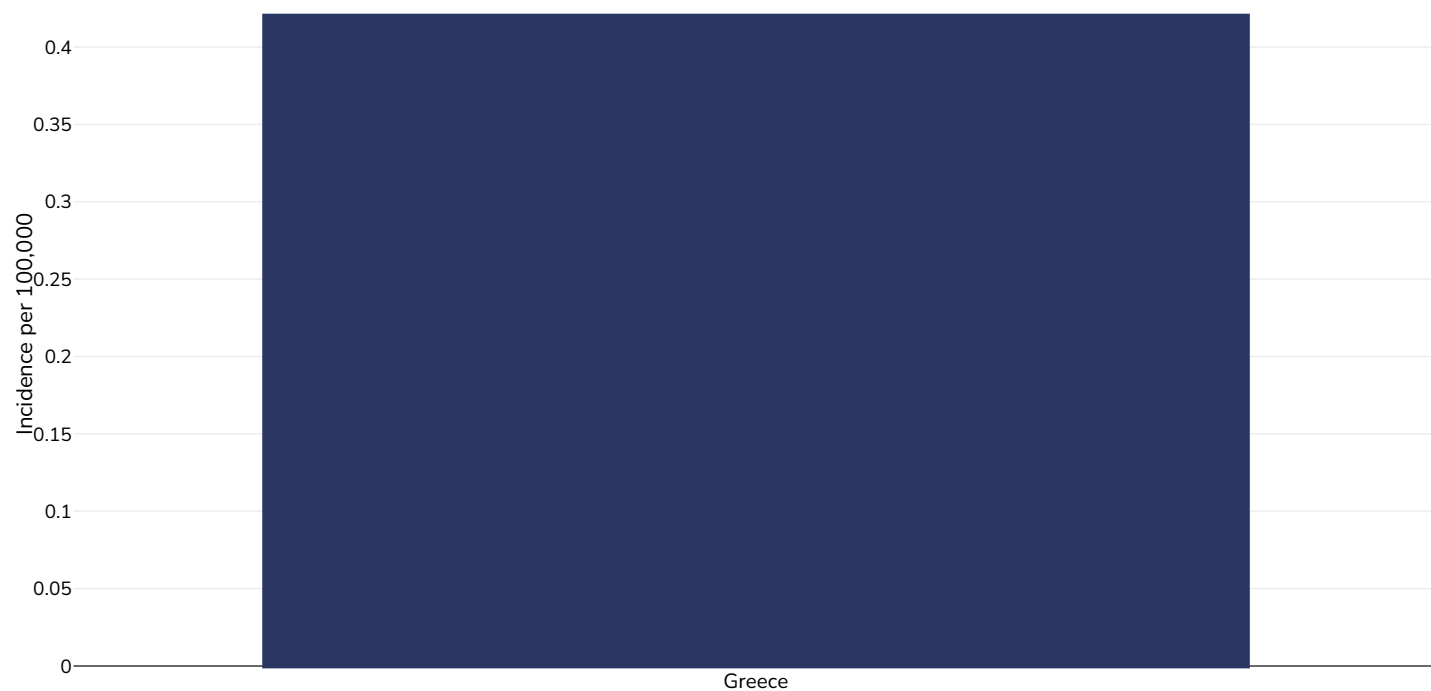|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Breast cancer

Women, 2022

Age 20 ■   Age 20+ ☐

Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Colorectal cancer

Men, 2022
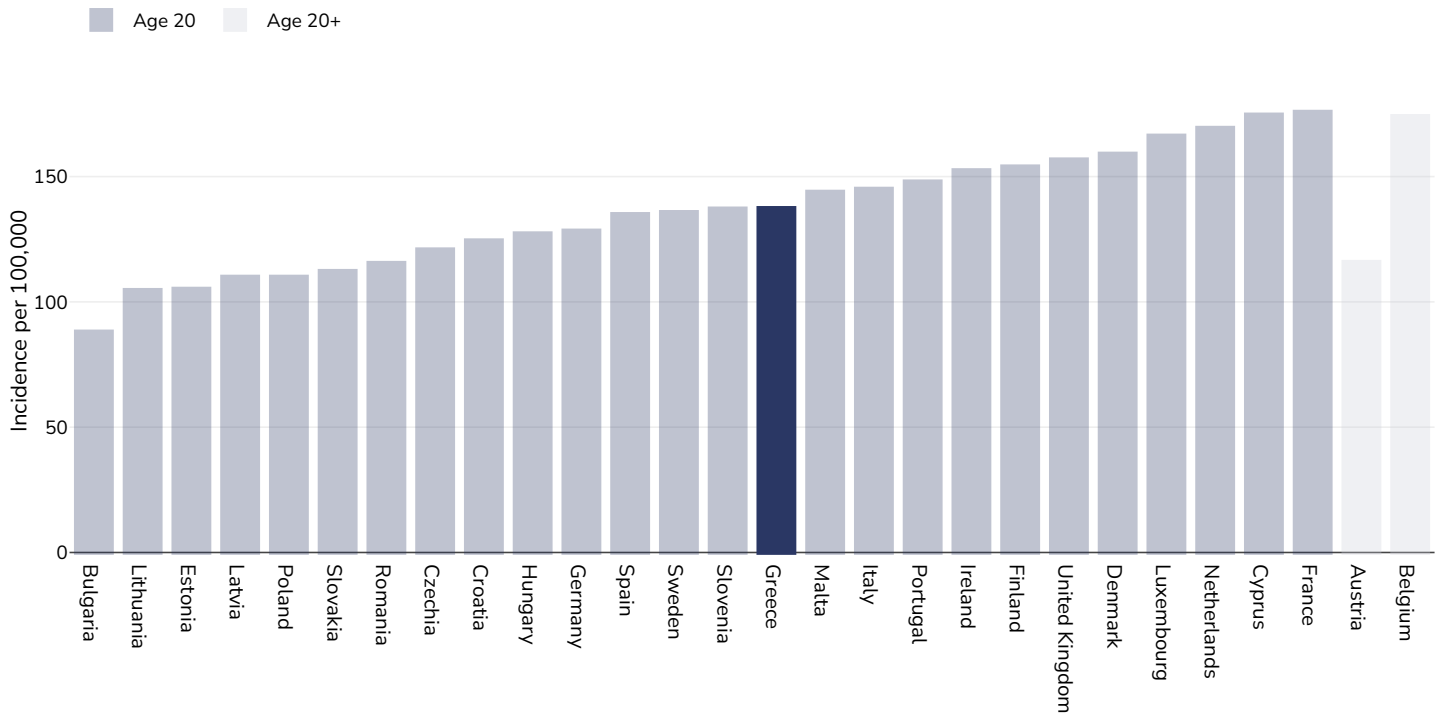

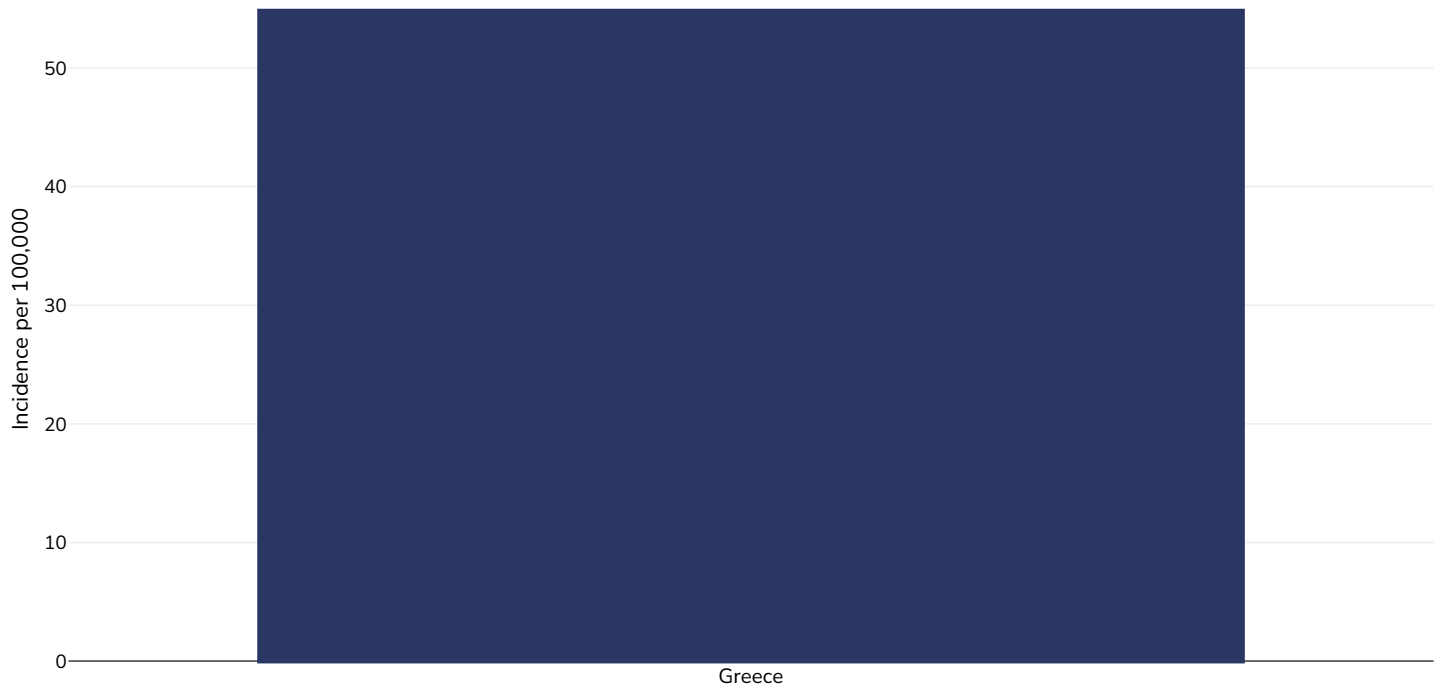|		
Age:		20+
Area covered:		National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]	
Definitions:		Incidence per 100,000

Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Pancreatic cancer

Men, 2022
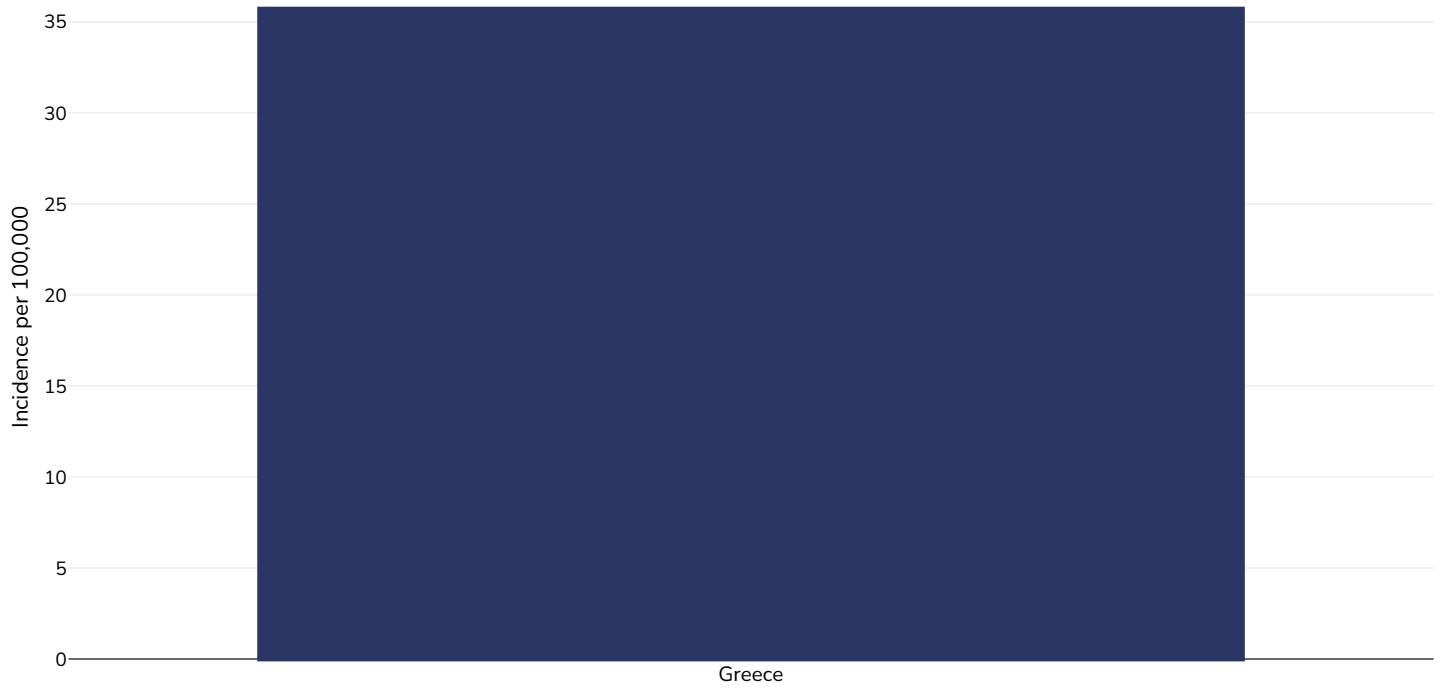

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

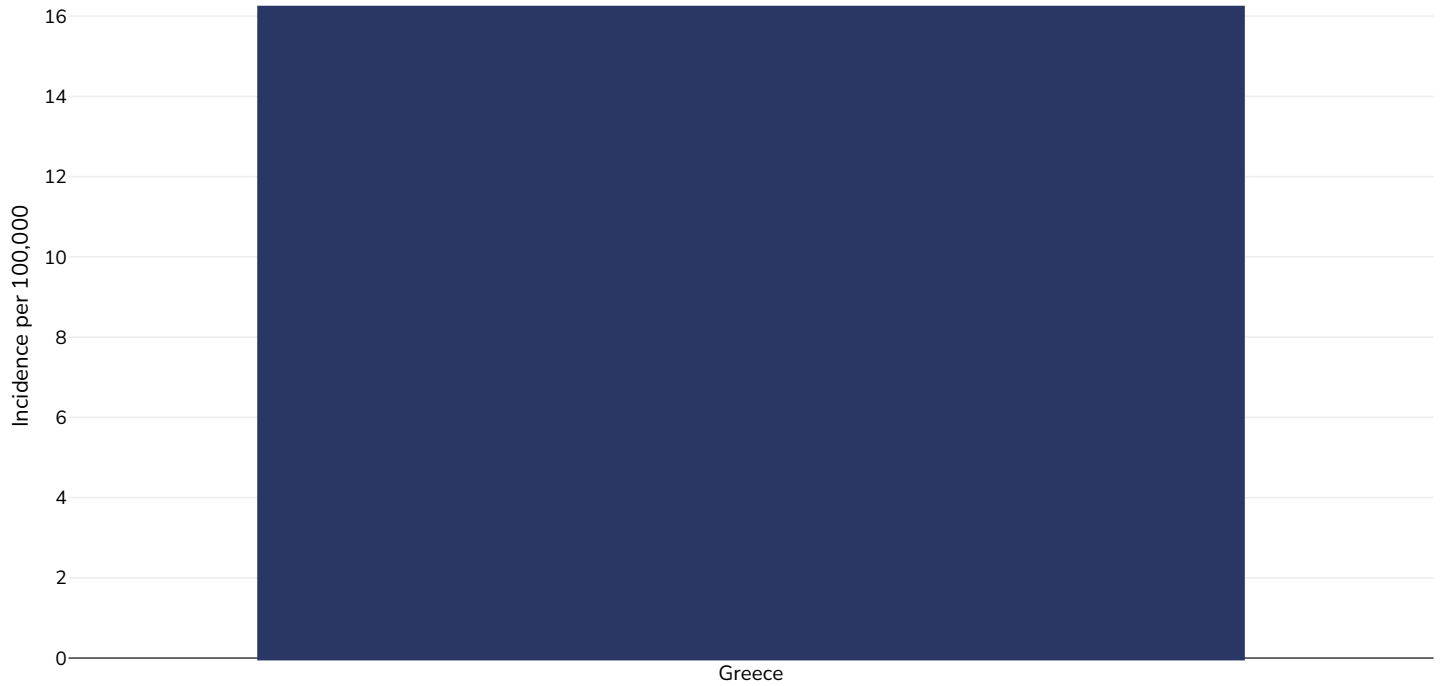Incidence per 100,000

Greece

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Gallbladder cancer
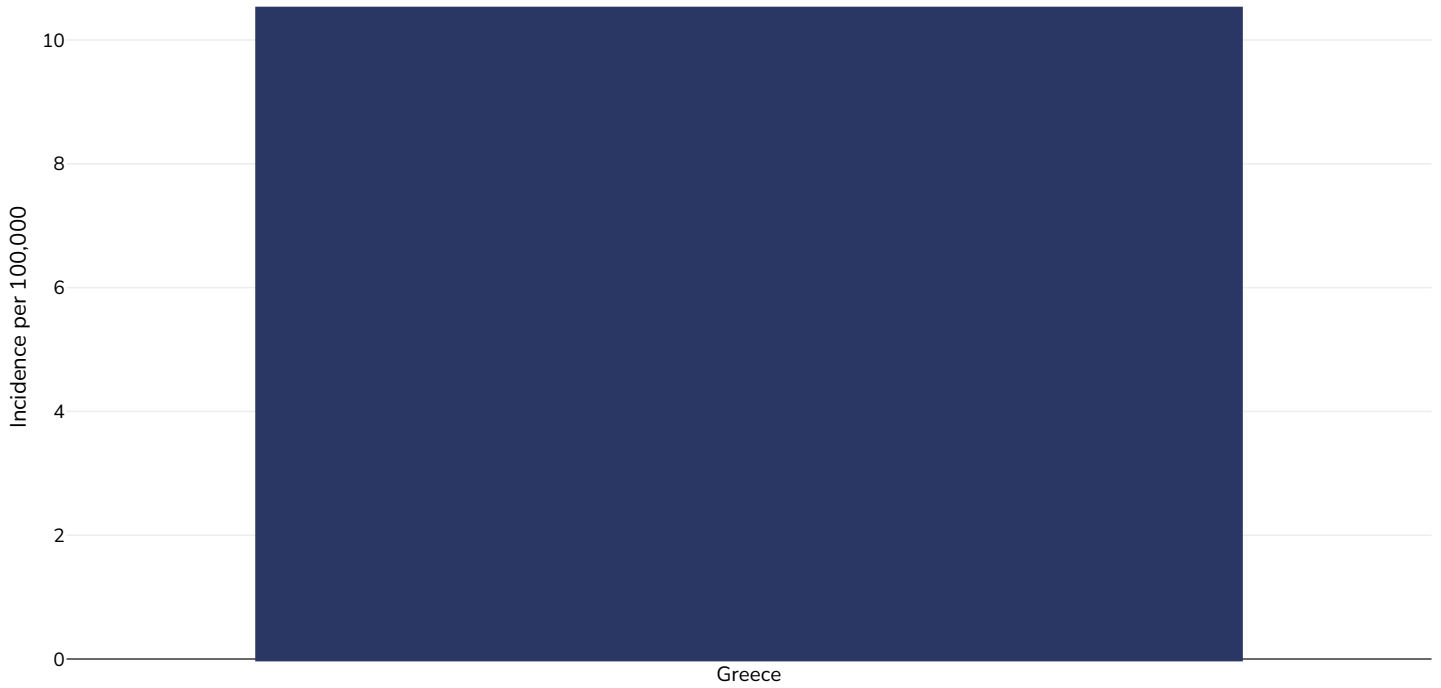
Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Women, 2022

Incidence per 100,000

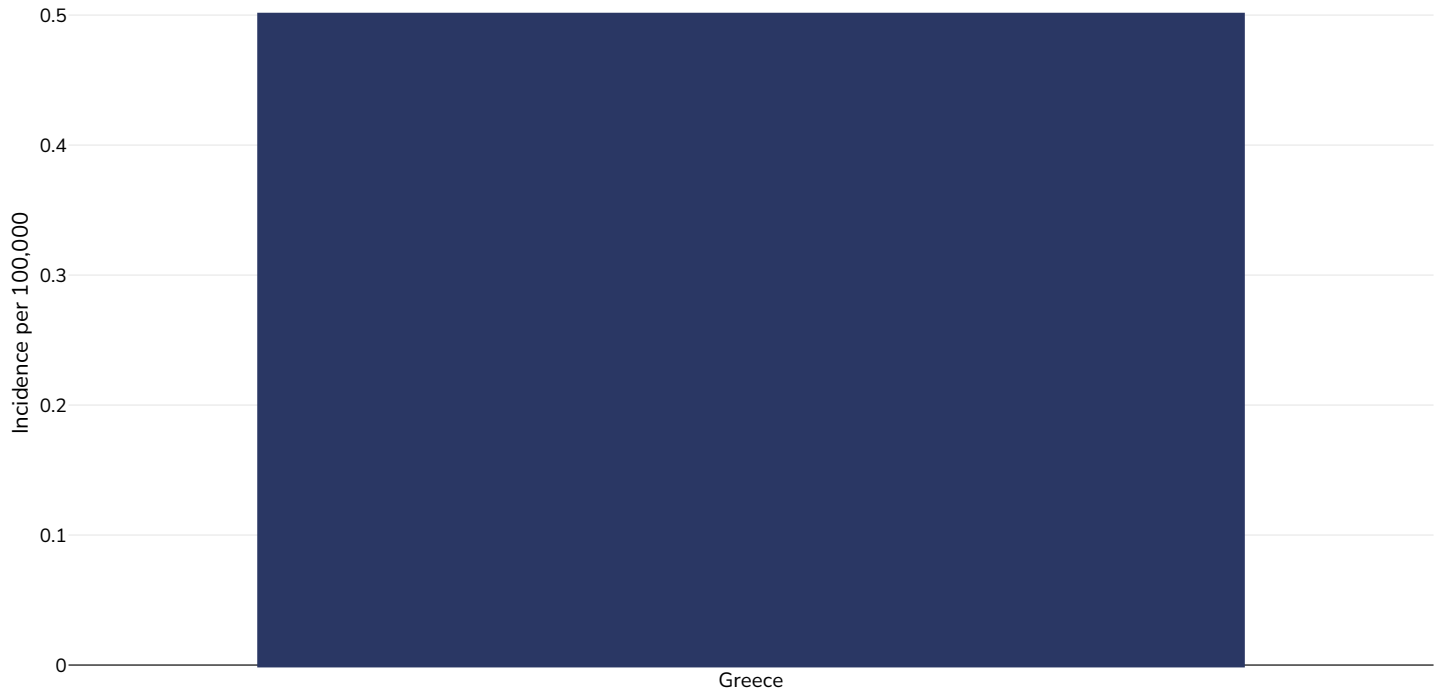| Greece |

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Kidney cancer

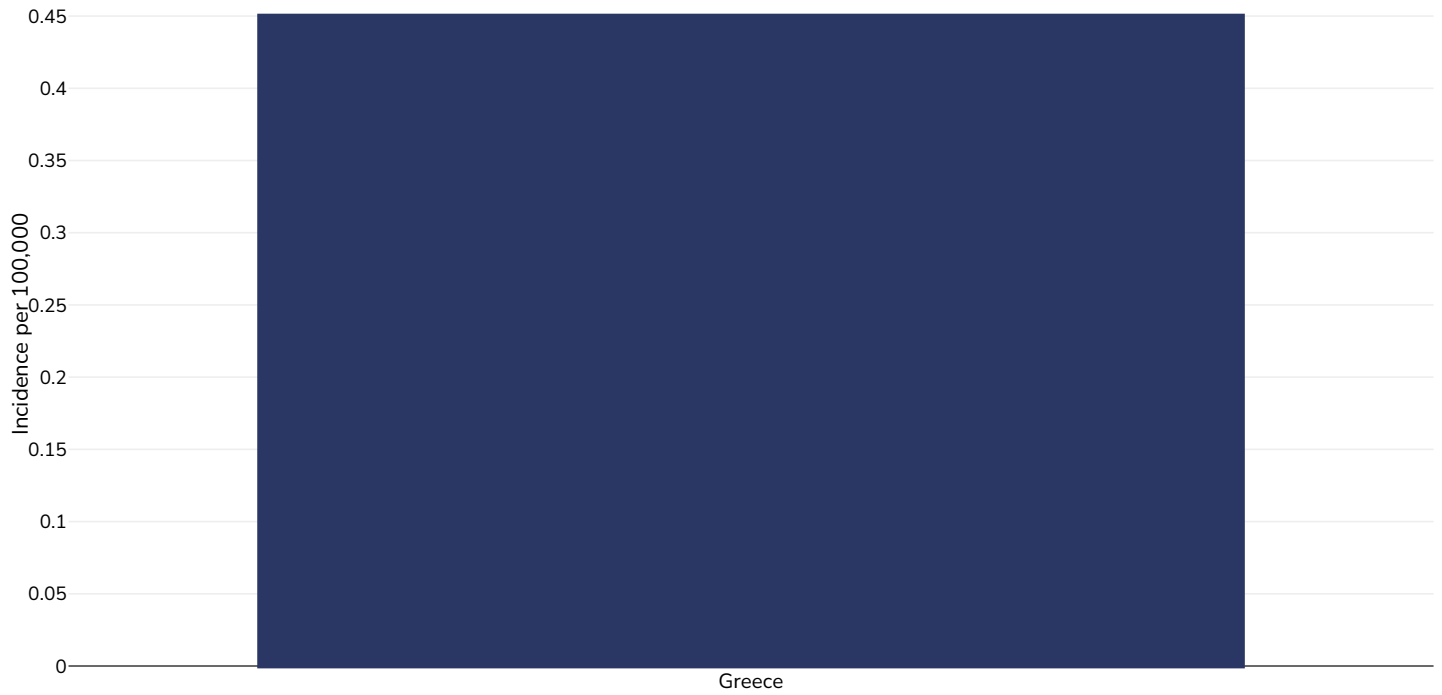## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

Incidence per 100,000

Greece

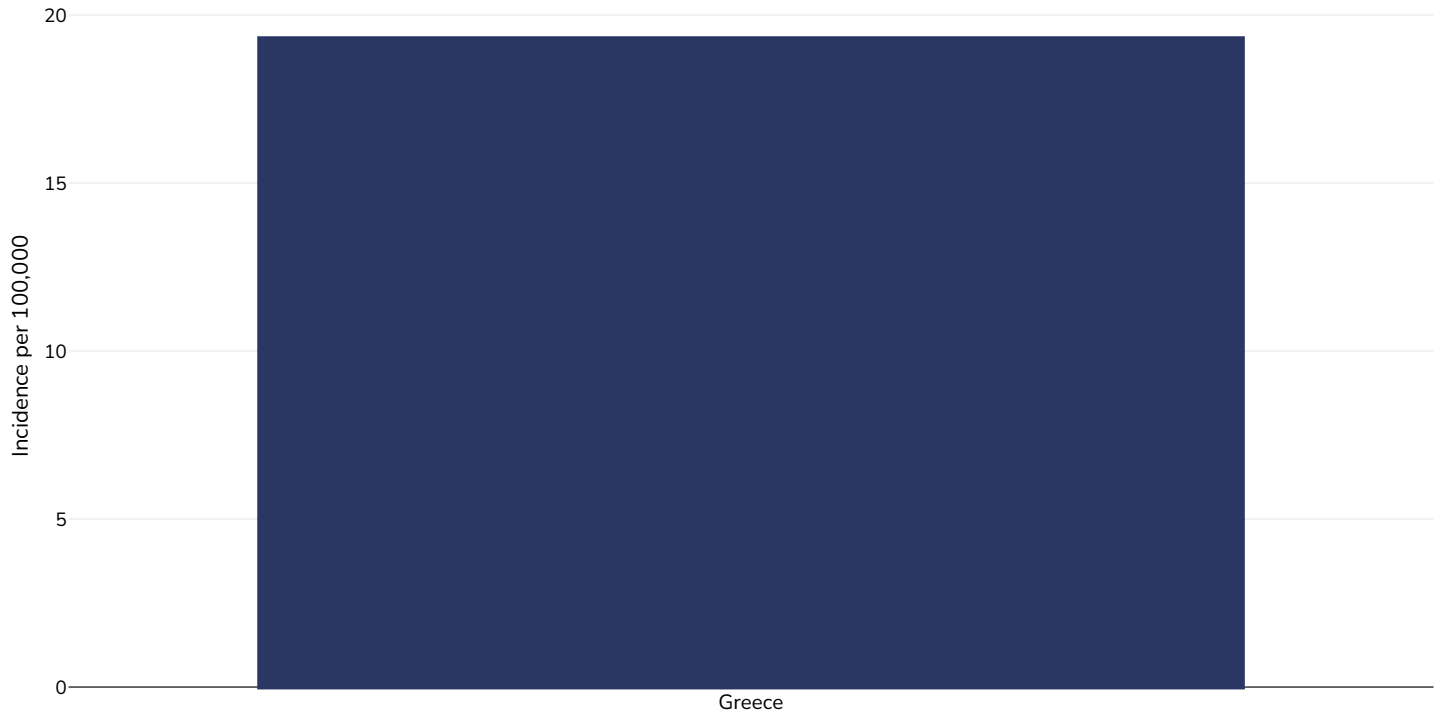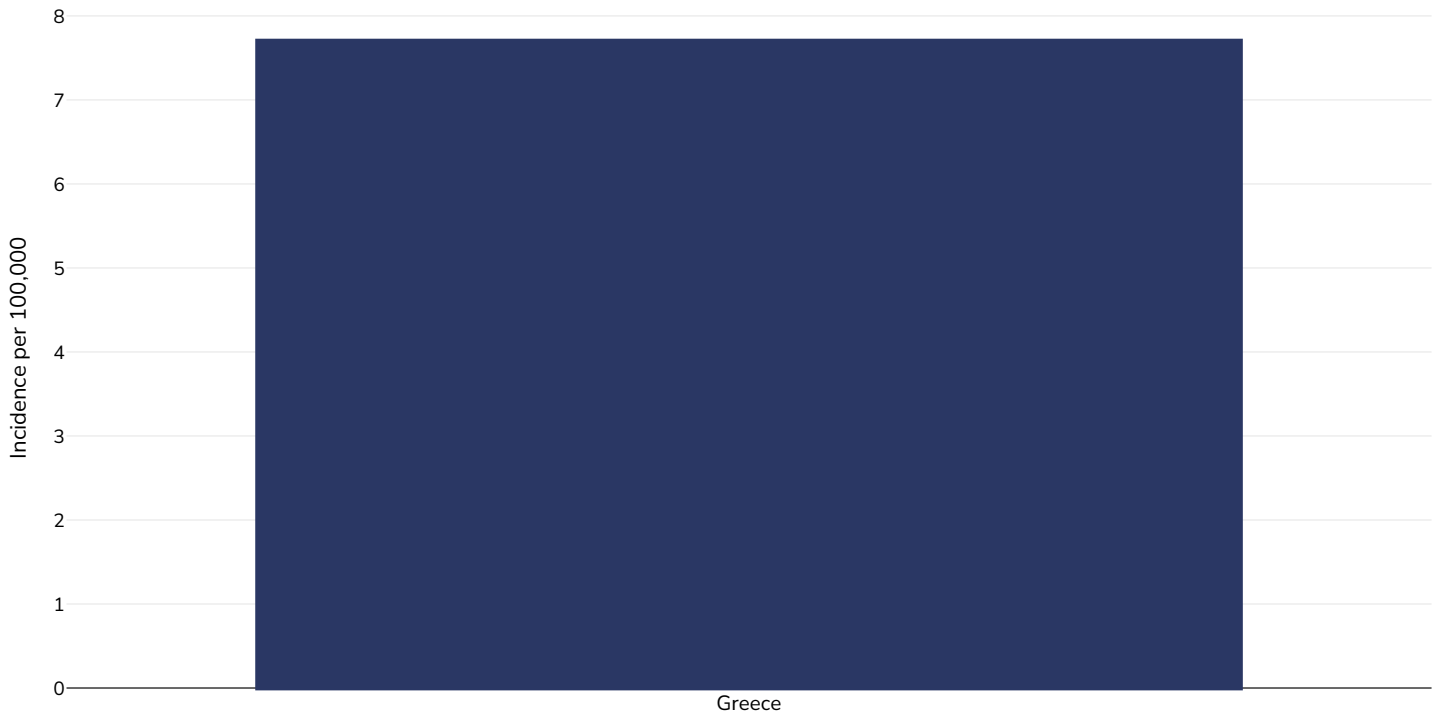|	
Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Cancer of the uterus

Women, 2022

Incidence per 100,000

	30		

Greece

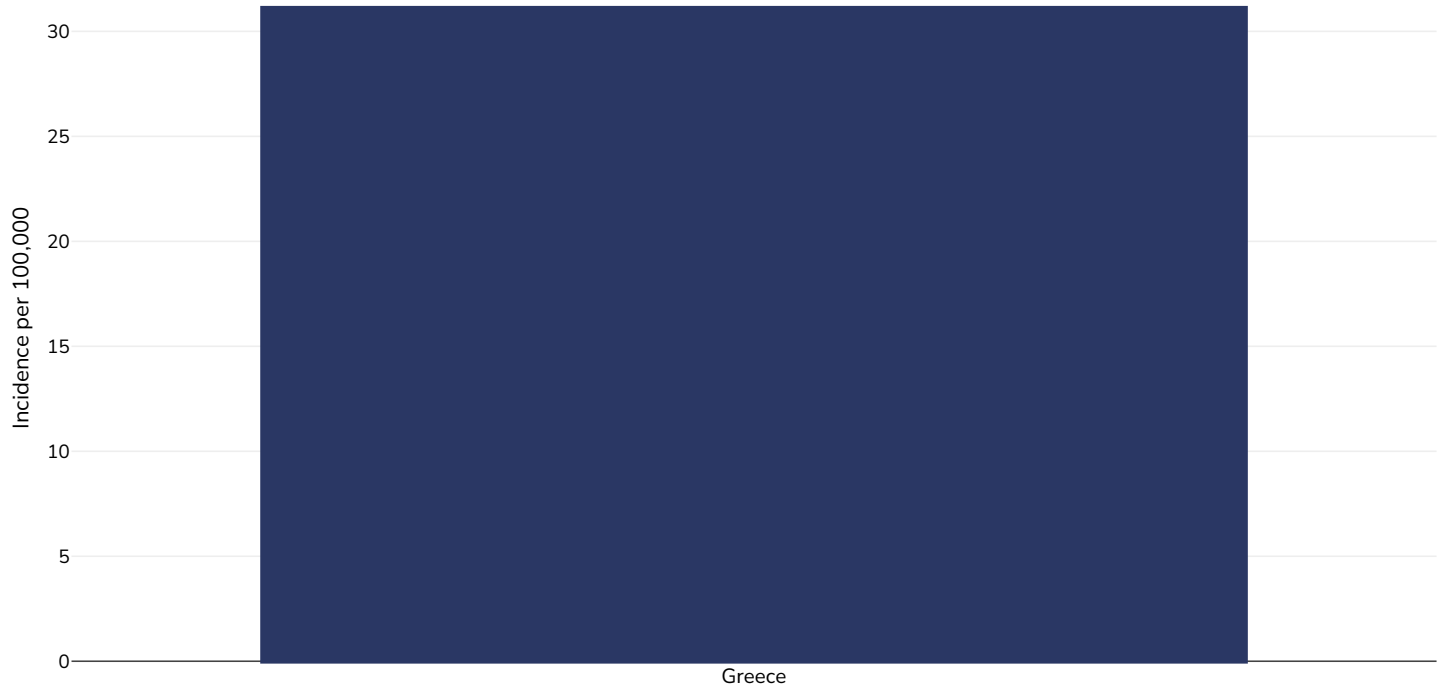| Age:	20+

References: Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions: Incidence per 100,000

Raised blood pressure

Adults, 2015
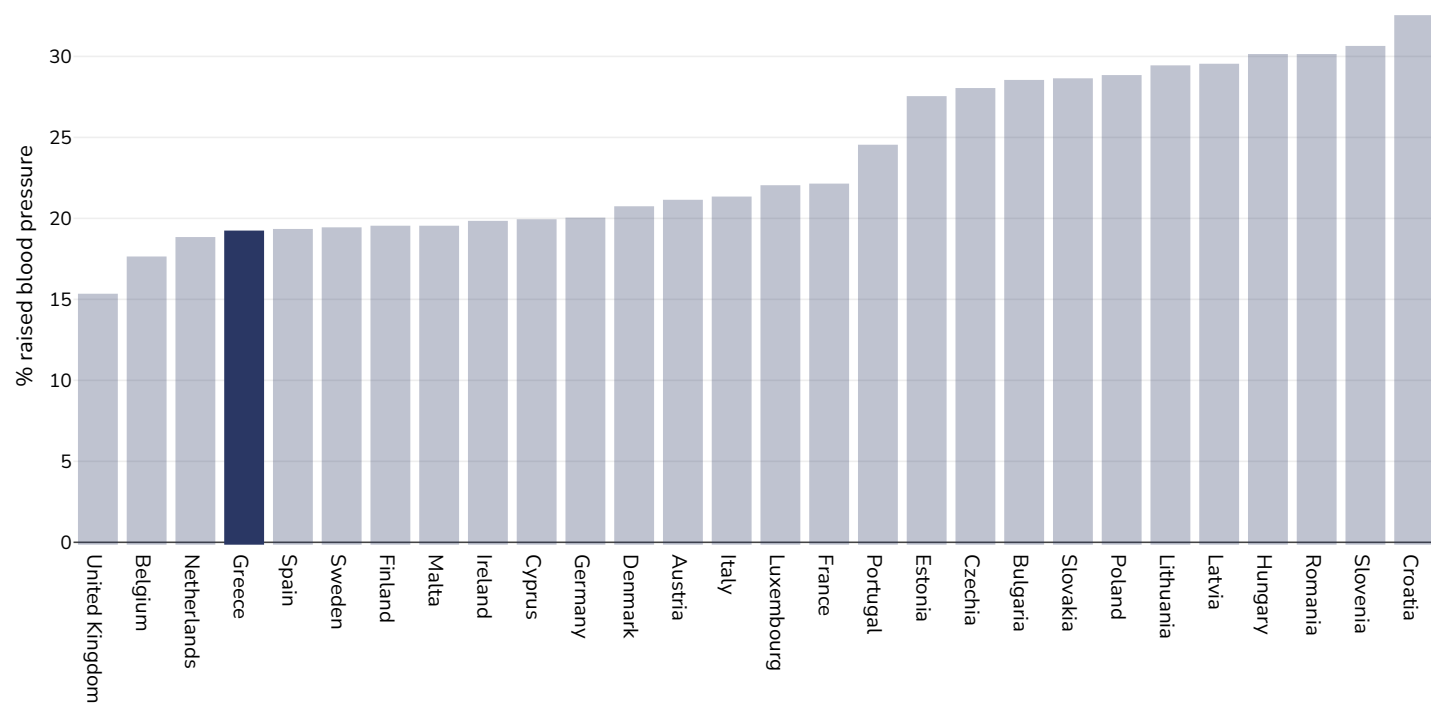
References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Men, 2015
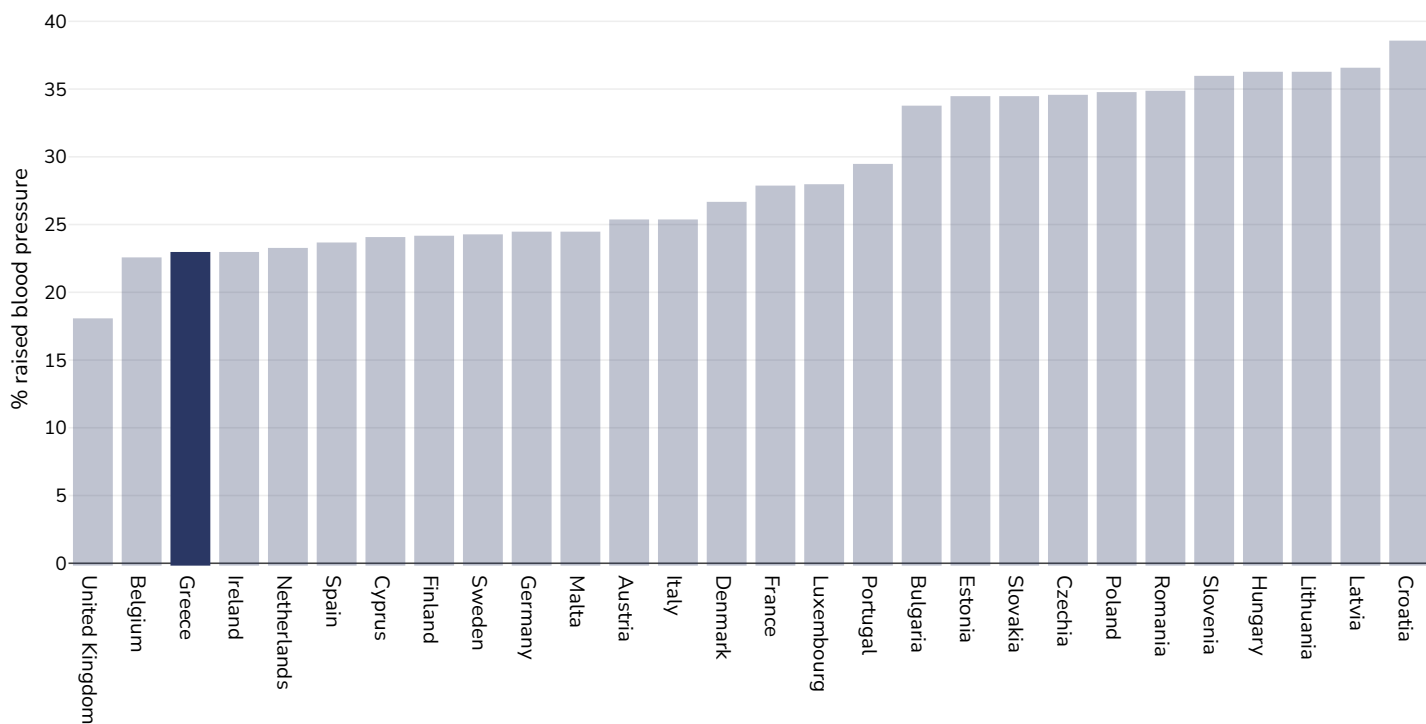
% raised blood pressure

United Kingdom, Belgium, Greece, Ireland, Netherlands, Spain, Cyprus, Finland, Sweden, Germany, Malta, Austria, Italy, Denmark, France, Luxembourg, Portugal, Bulgaria, Estonia, Slovakia, Czechia, Poland, Romania, Slovenia, Hungary, Lithuania, Latvia, Croatia

References: Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Women, 2015
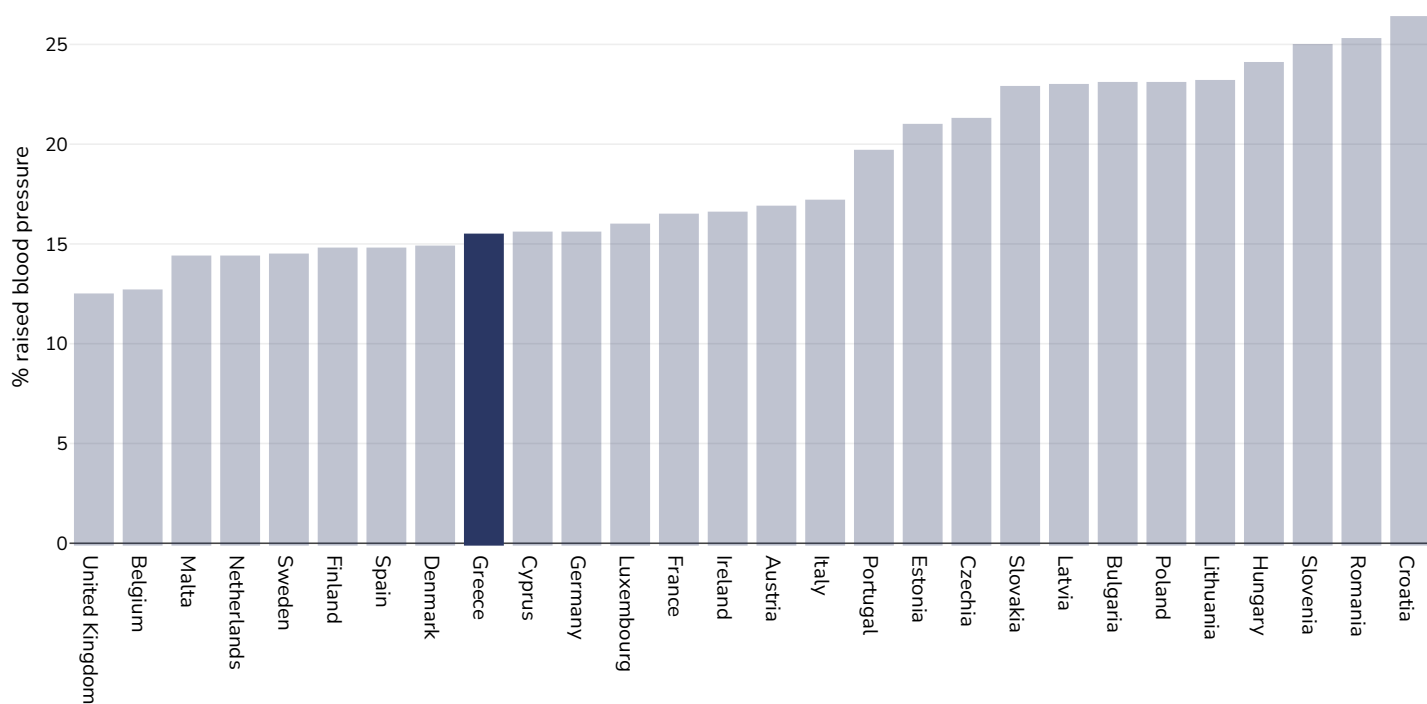
% raised blood pressure

Countries (left to right): United Kingdom, Belgium, Malta, Netherlands, Sweden, Finland, Spain, Denmark, Greece, Cyprus, Germany, Luxembourg, France, Ireland, Austria, Italy, Portugal, Estonia, Czechia, Slovakia, Latvia, Bulgaria, Poland, Lithuania, Hungary, Slovenia, Romania, Croatia

References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions: Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).

Raised cholesterol

Adults, 2008
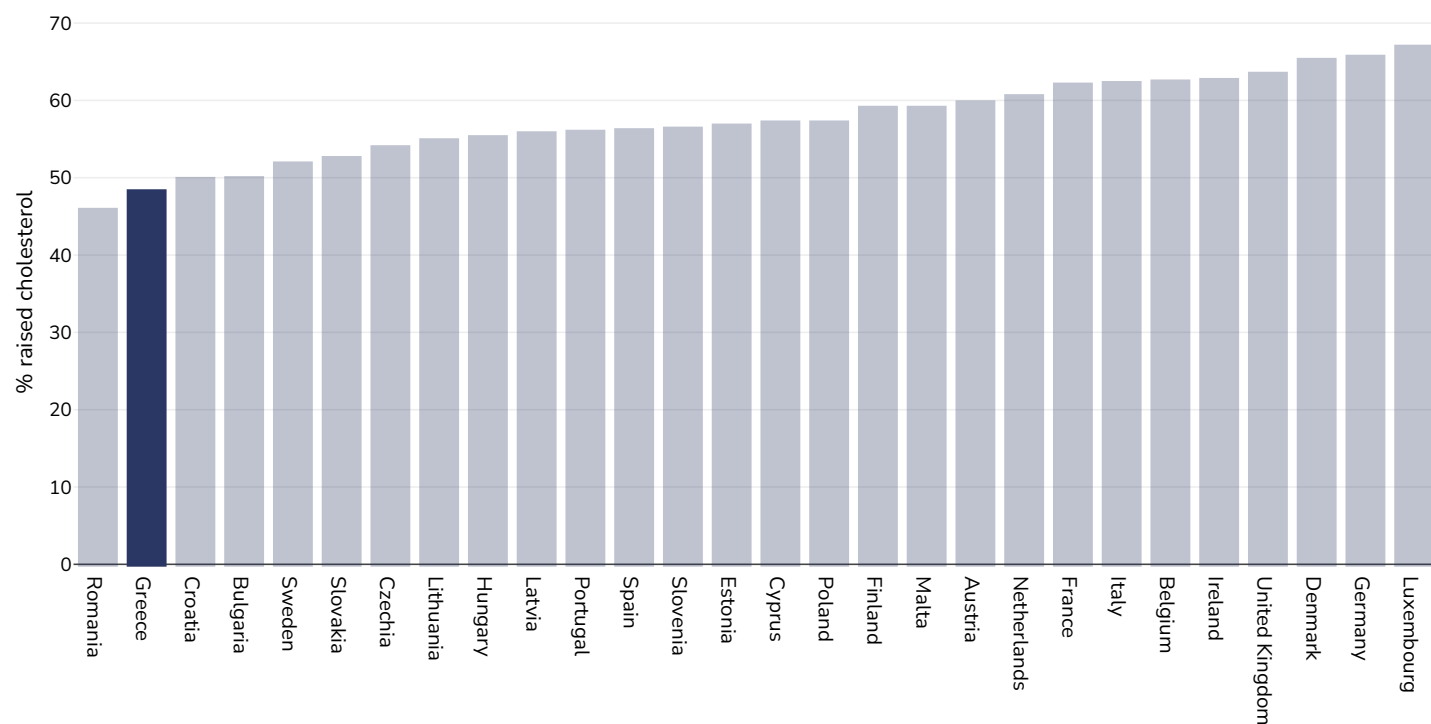
y-axis: % raised cholesterol (0 to 70)

Countries (left to right): Romania, Greece, Croatia, Bulgaria, Sweden, Slovakia, Czechia, Lithuania, Hungary, Latvia, Portugal, Spain, Slovenia, Estonia, Cyprus, Poland, Finland, Malta, Austria, Netherlands, France, Italy, Belgium, Ireland, United Kingdom, Denmark, Germany, Luxembourg

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Men, 2008
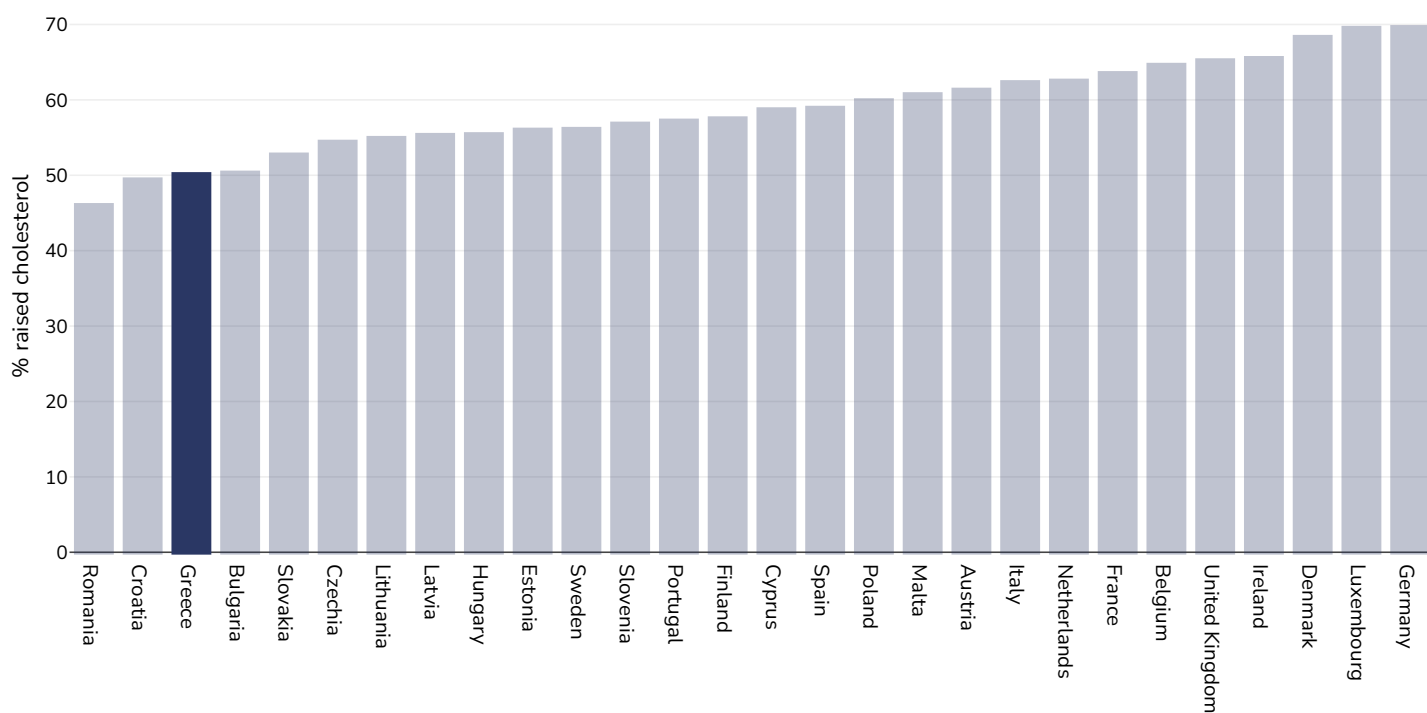
% raised cholesterol

Romania, Croatia, Greece, Bulgaria, Slovakia, Czechia, Lithuania, Latvia, Hungary, Estonia, Sweden, Slovenia, Portugal, Finland, Cyprus, Spain, Poland, Malta, Austria, Italy, Netherlands, France, Belgium, United Kingdom, Ireland, Denmark, Luxembourg, Germany

References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Women, 2008
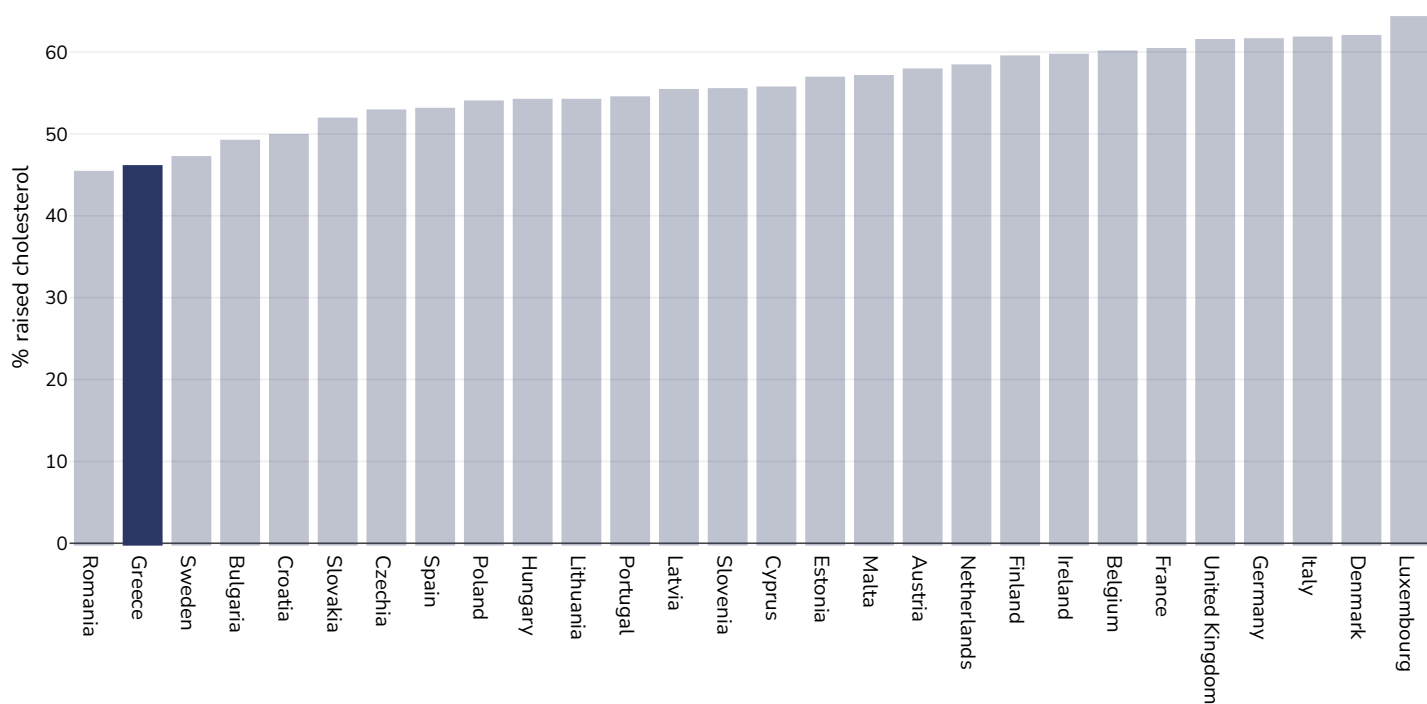
References:	Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885
Definitions:	% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).

Raised fasting blood glucose

Men, 2014

Women, 2014
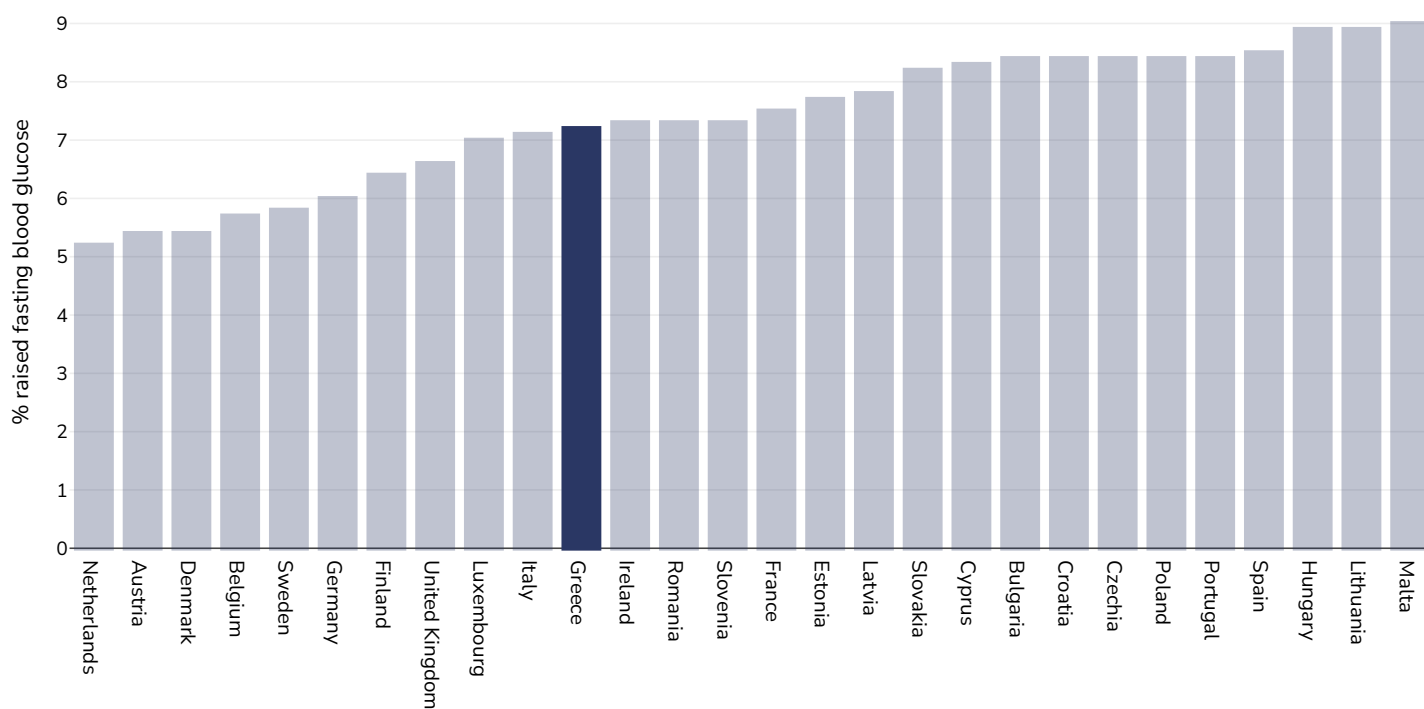

Chart: % raised fasting blood glucose by country (Women, 2014)

Country	% raised fasting blood glucose
Netherlands	5.2
Austria	5.4
Denmark	5.4
Belgium	5.7
Sweden	5.8
Germany	6.0
Finland	6.4
United Kingdom	6.6
Luxembourg	7.0
Italy	7.1
Greece	7.2
Ireland	7.3
Romania	7.3
Slovenia	7.3
France	7.5
Estonia	7.7
Latvia	7.8
Slovakia	8.2
Cyprus	8.3
Bulgaria	8.4
Croatia	8.4
Czechia	8.4
Poland	8.4
Portugal	8.4
Spain	8.5
Hungary	8.9
Lithuania	8.9
Malta	9.0

References: Global Health Observatory data repository, World Health Organisation,
http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions: Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).

Diabetes prevalence

Adults, 2021
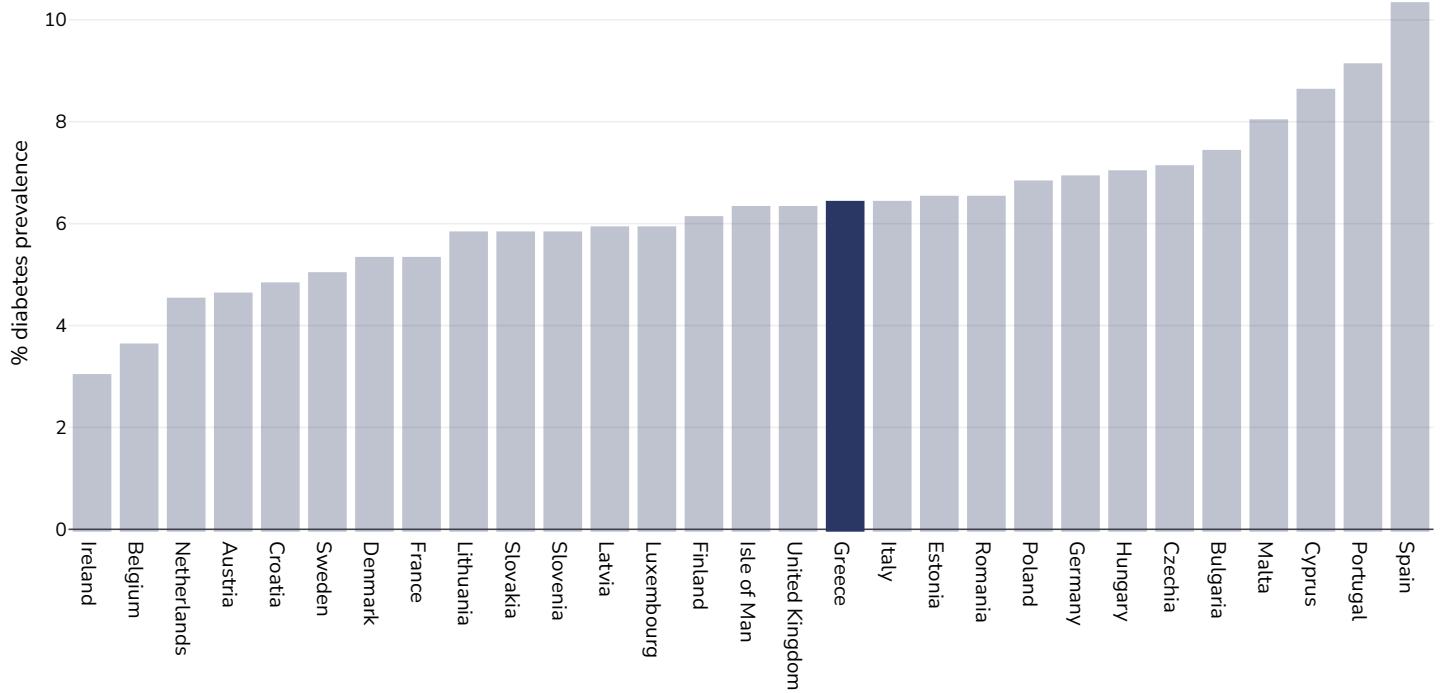
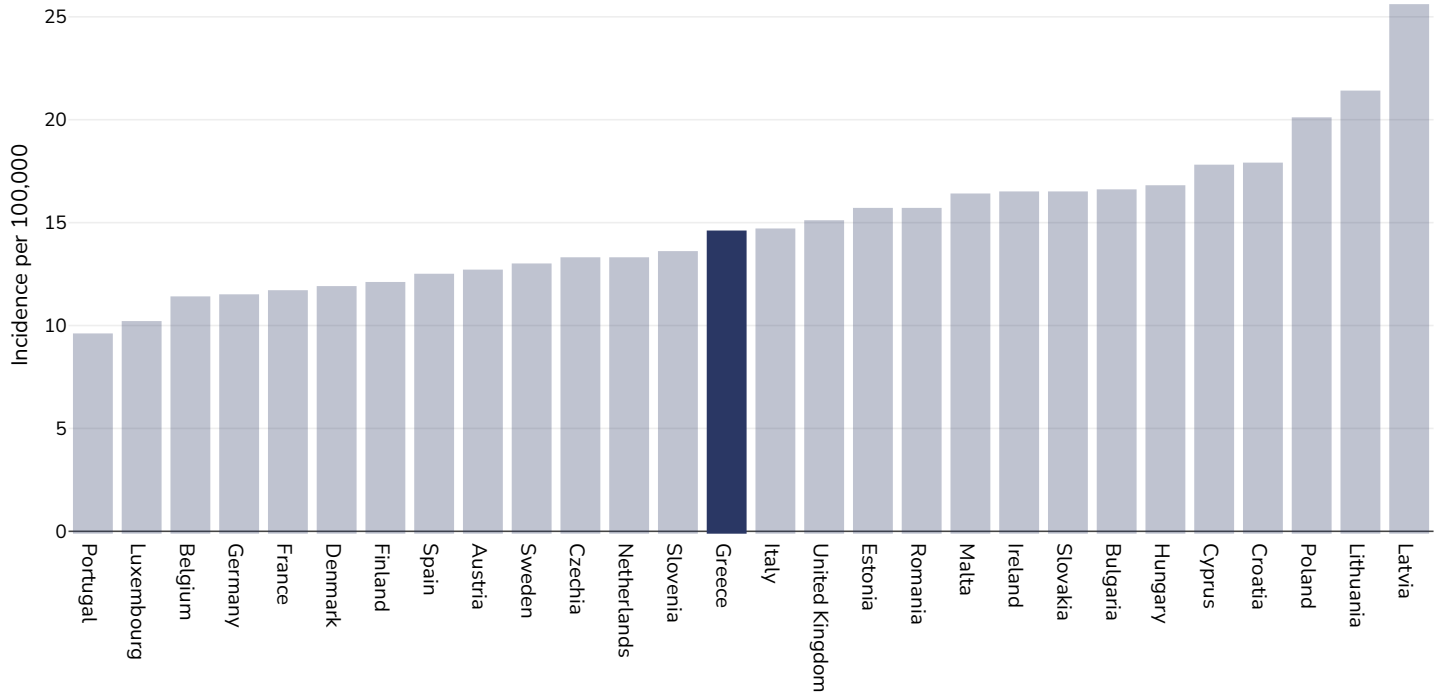| Age:	20-79
Area covered:	National
References:	Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels, Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org
Definitions:	Age-adjusted comparative prevalence of diabetes, %

Ovarian Cancer

Women, 2022

Age:	20+

References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

Definitions:	Incidence per 100,000

Leukemia

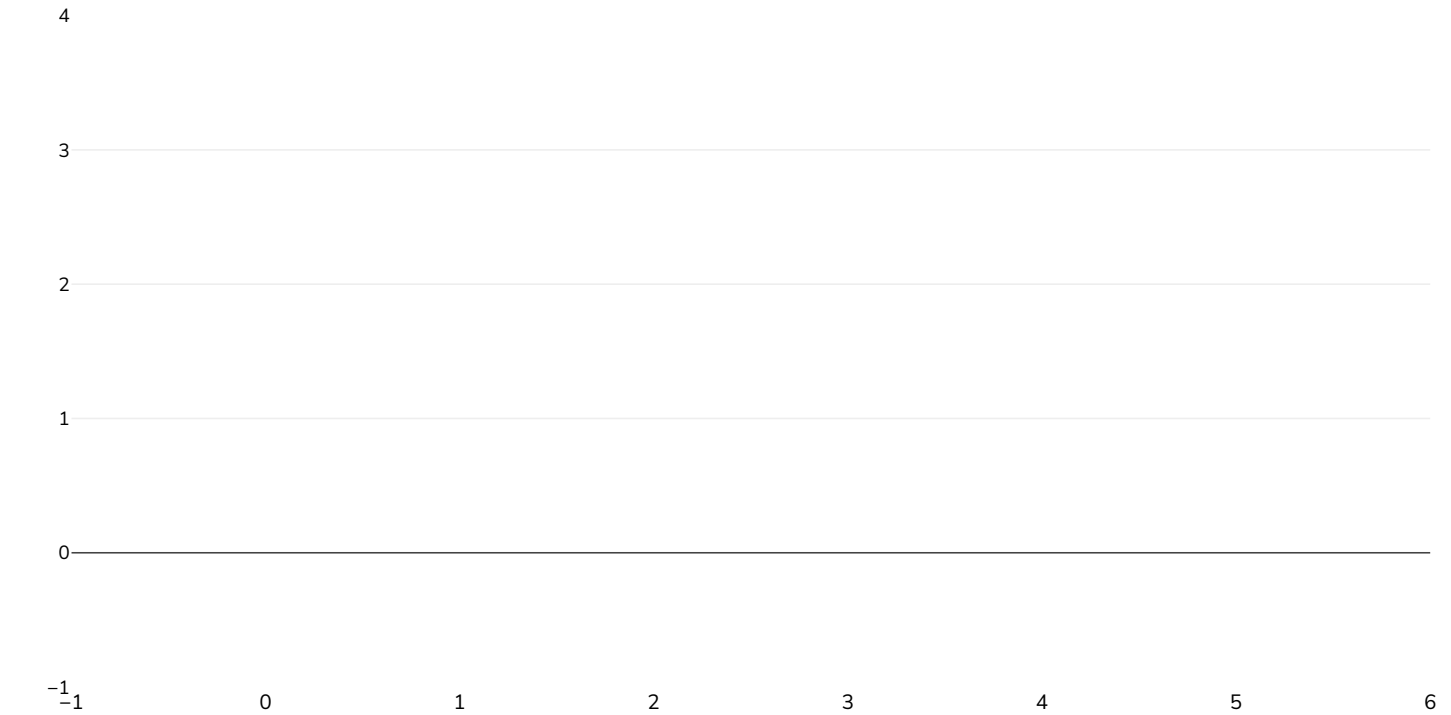## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022
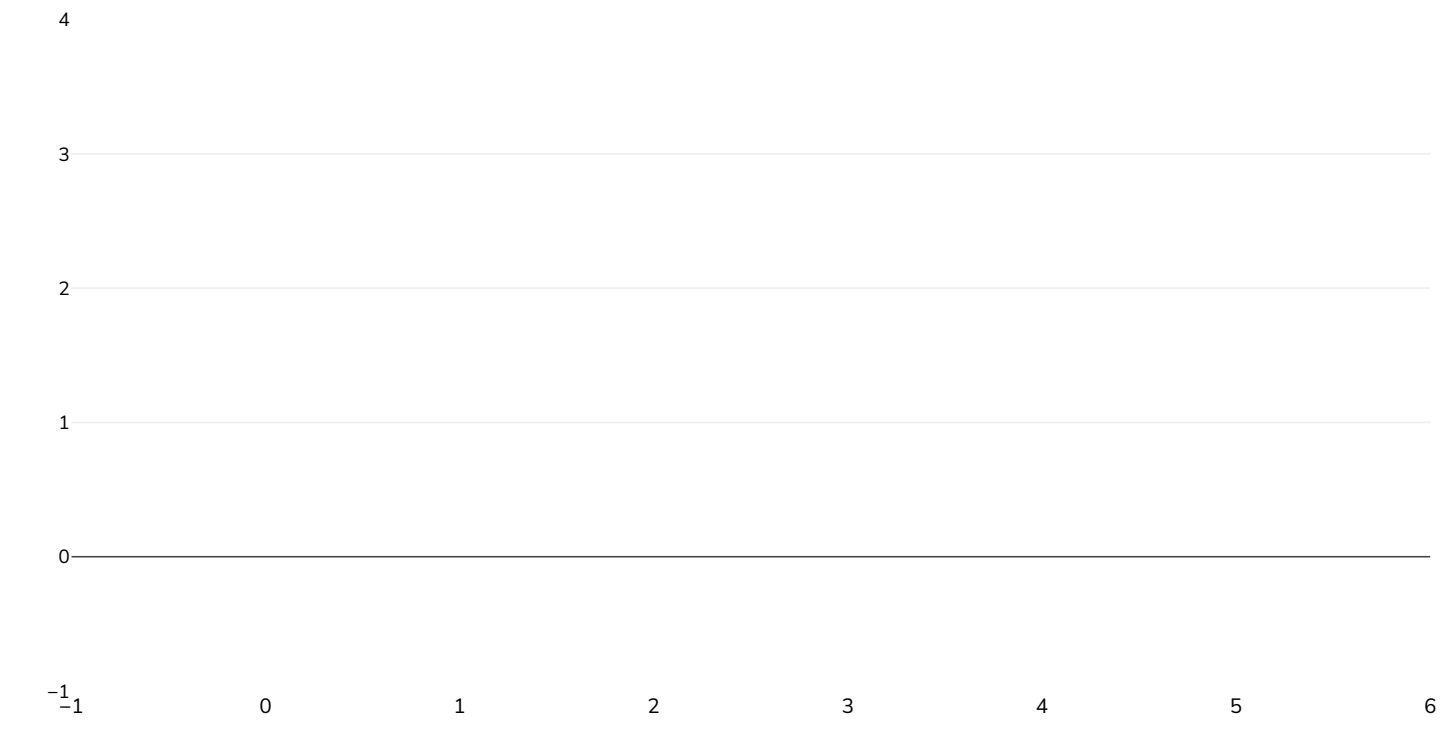

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000
	Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Leukemia

Men, 2022

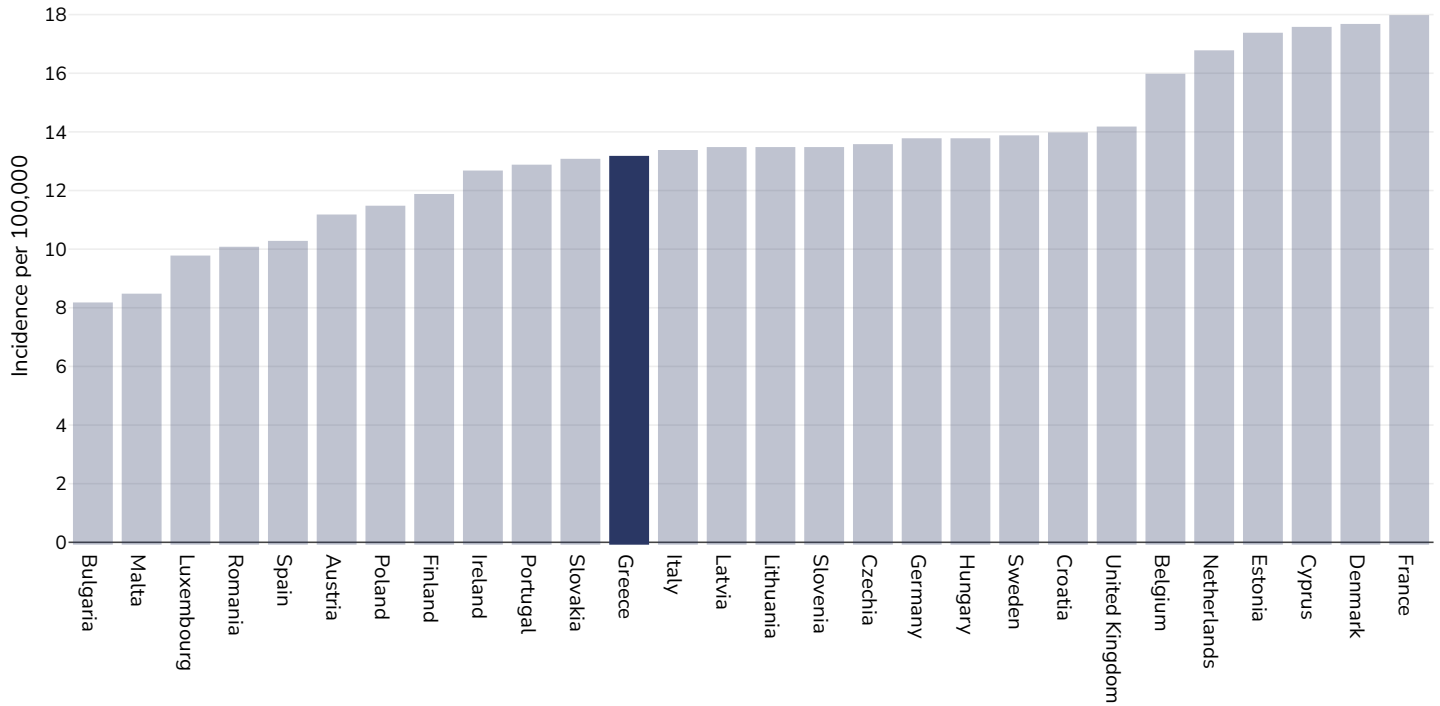| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Women, 2022
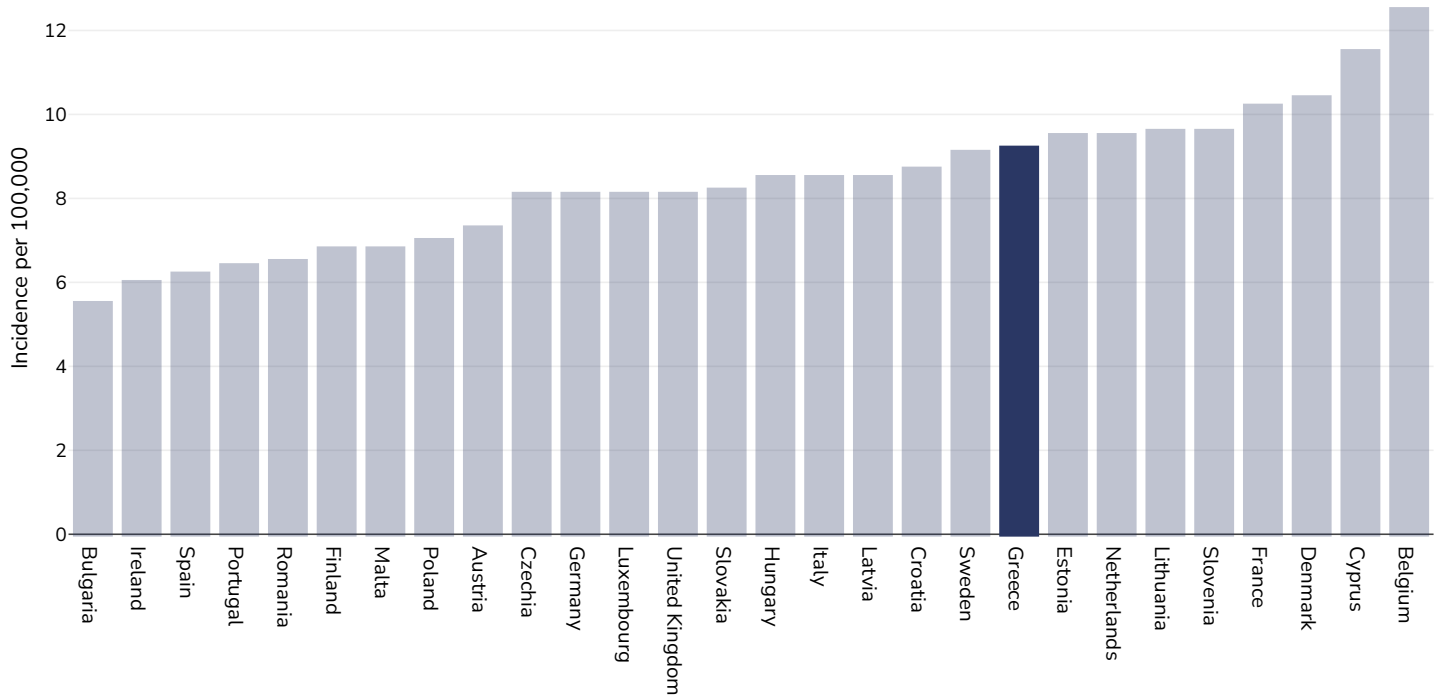

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Liver and intrahepatic bile duct Cancer

Men, 2022

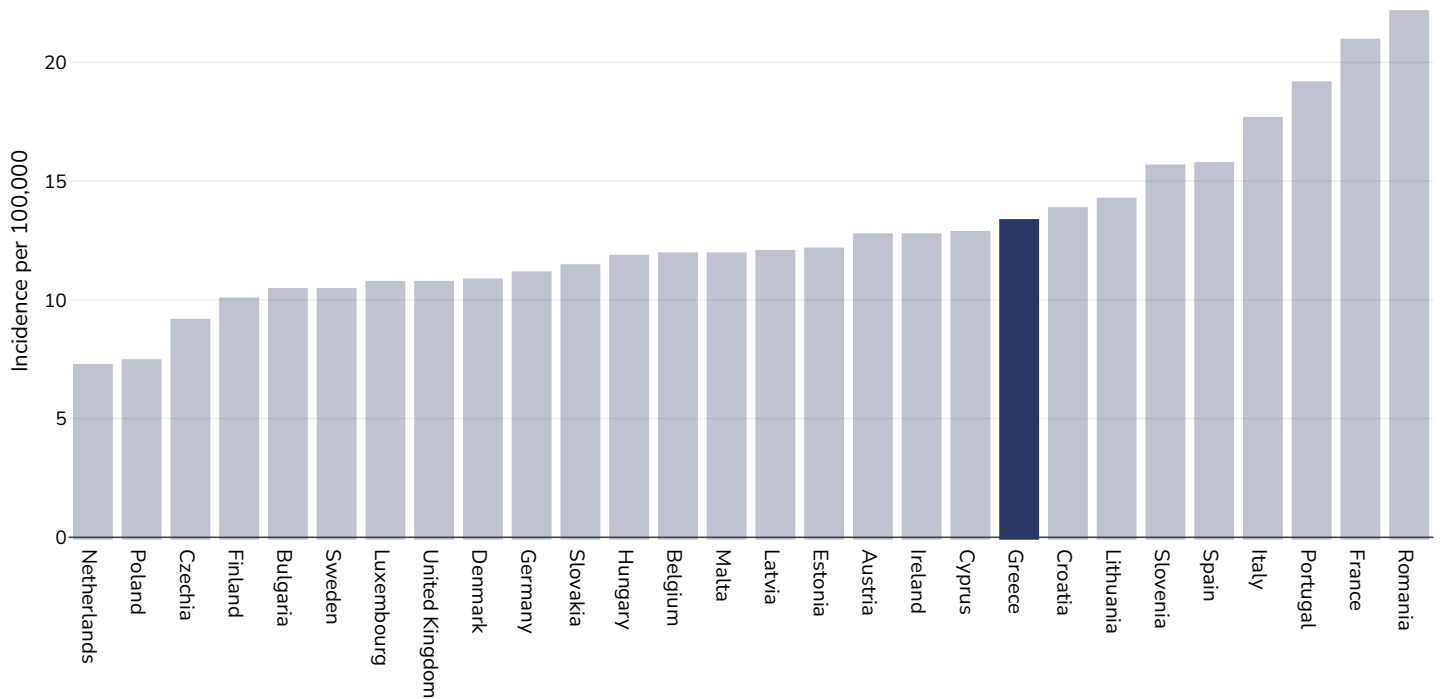| Age:	20+

Area covered:	National

References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]

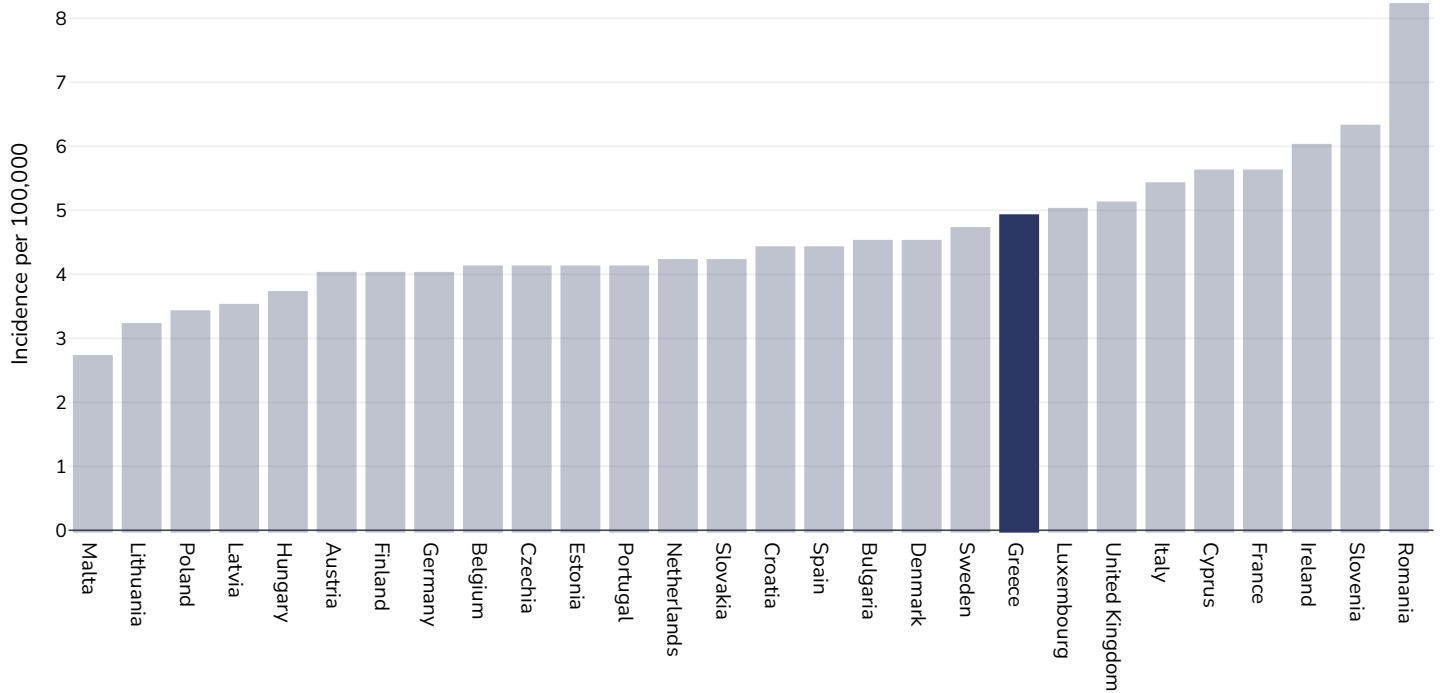| Definitions:	Incidence per 100,000

Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Multiple Myeloma

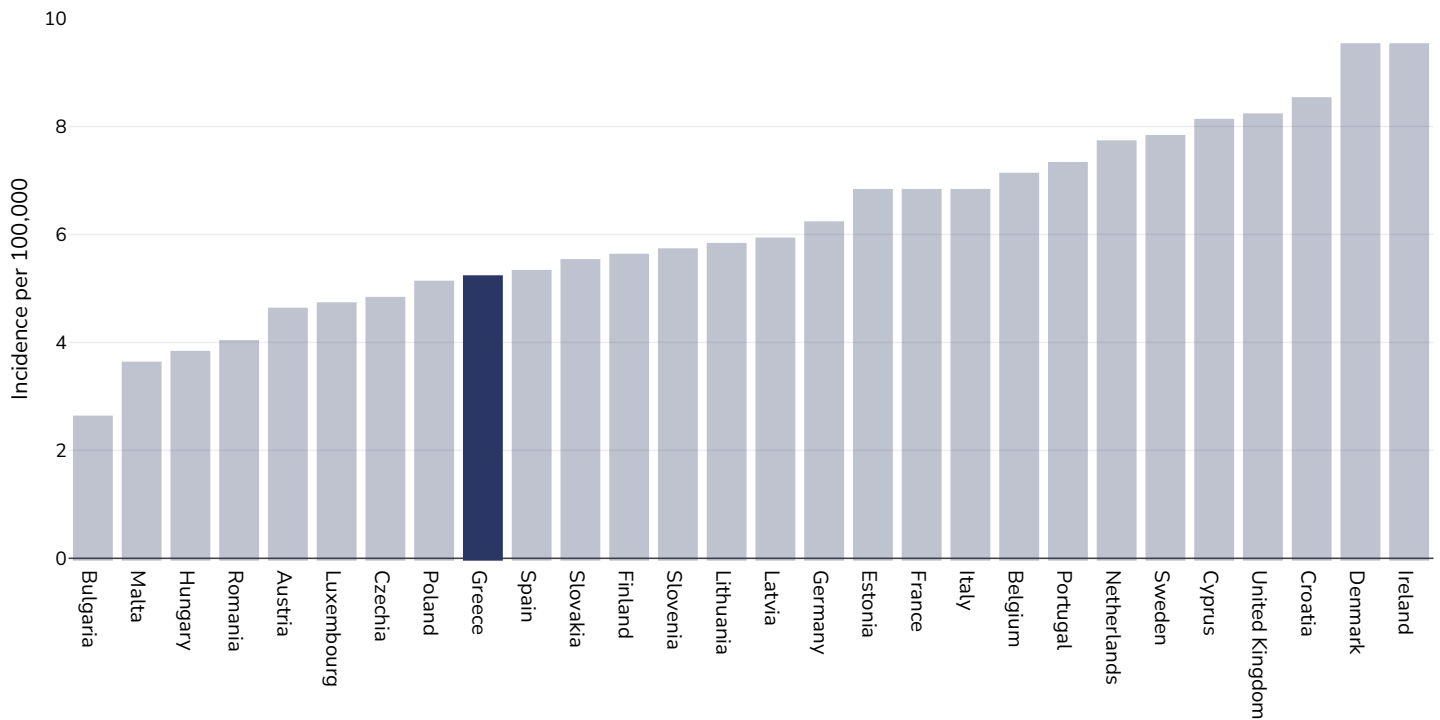## Men, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
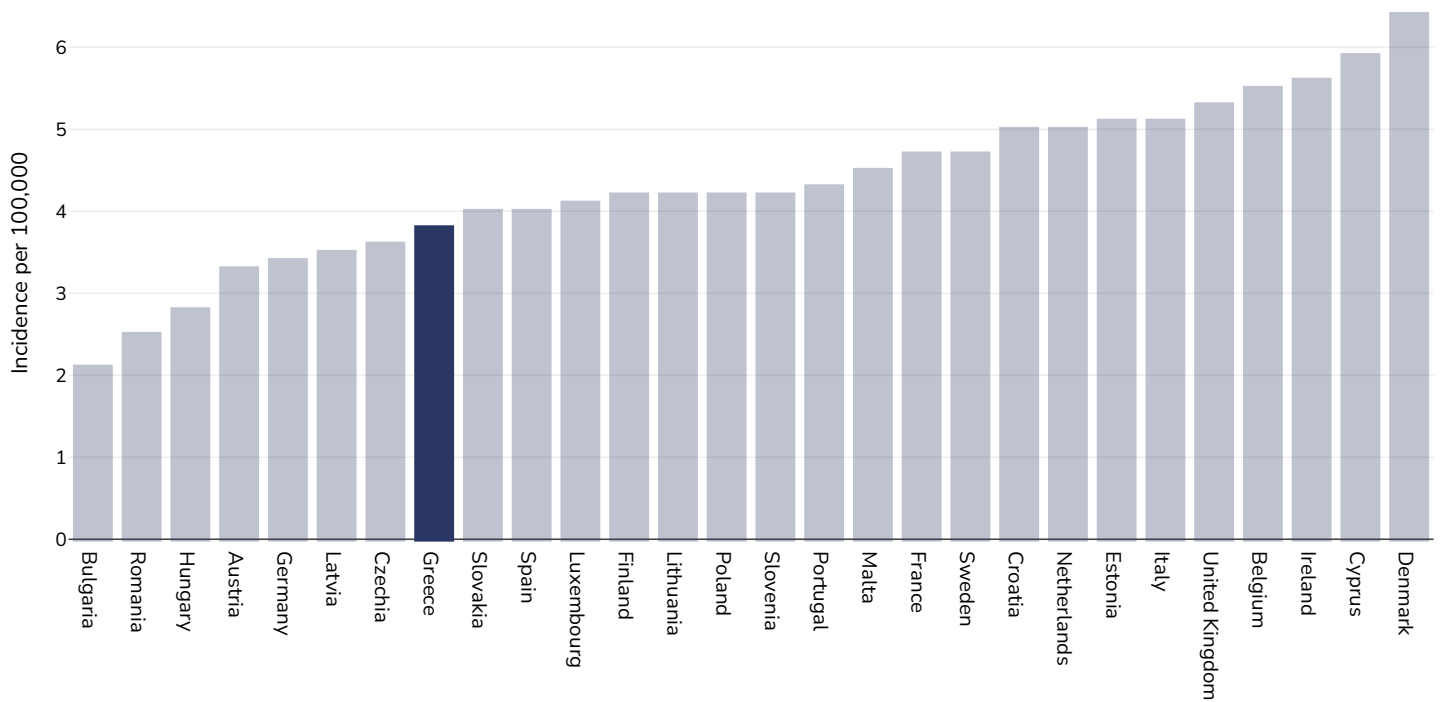
Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Indicence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Non Hodgkin Lymphoma

Men, 2022

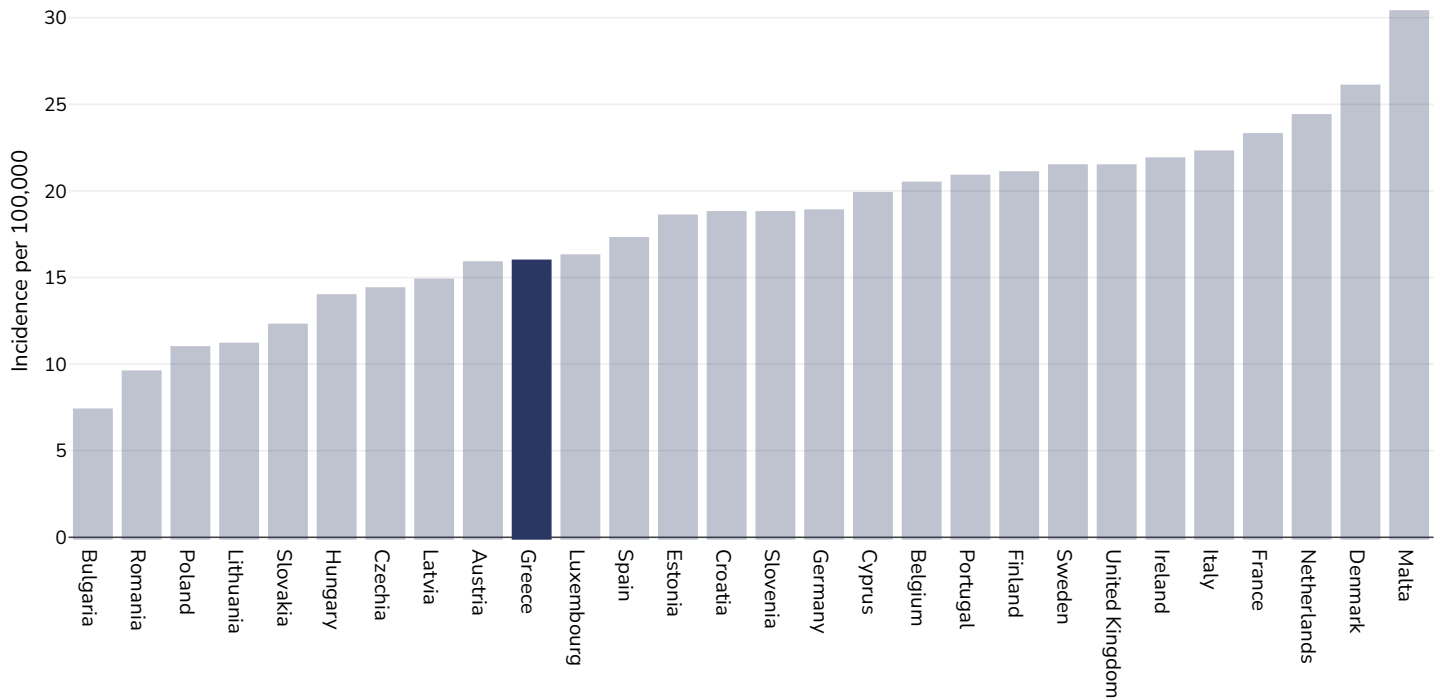| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².
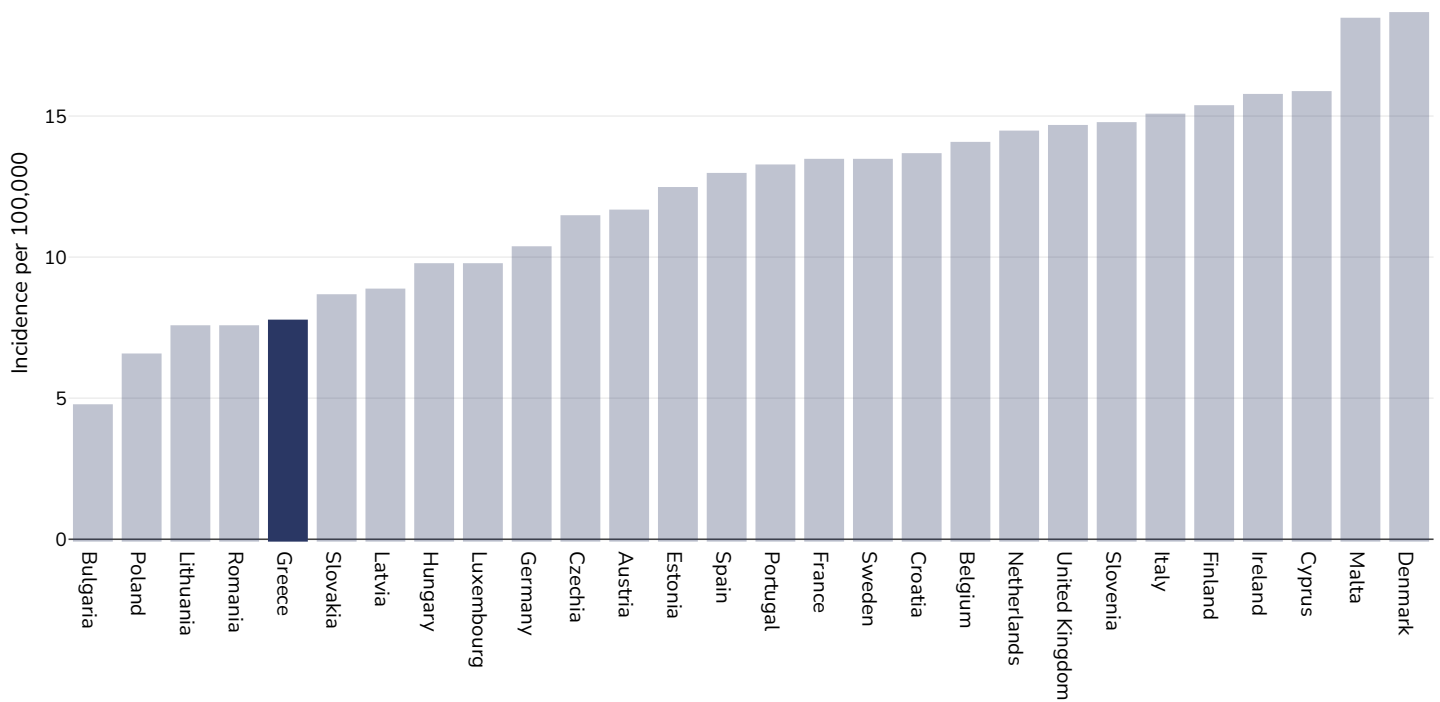
Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

Thyroid Cancer

Men, 2022

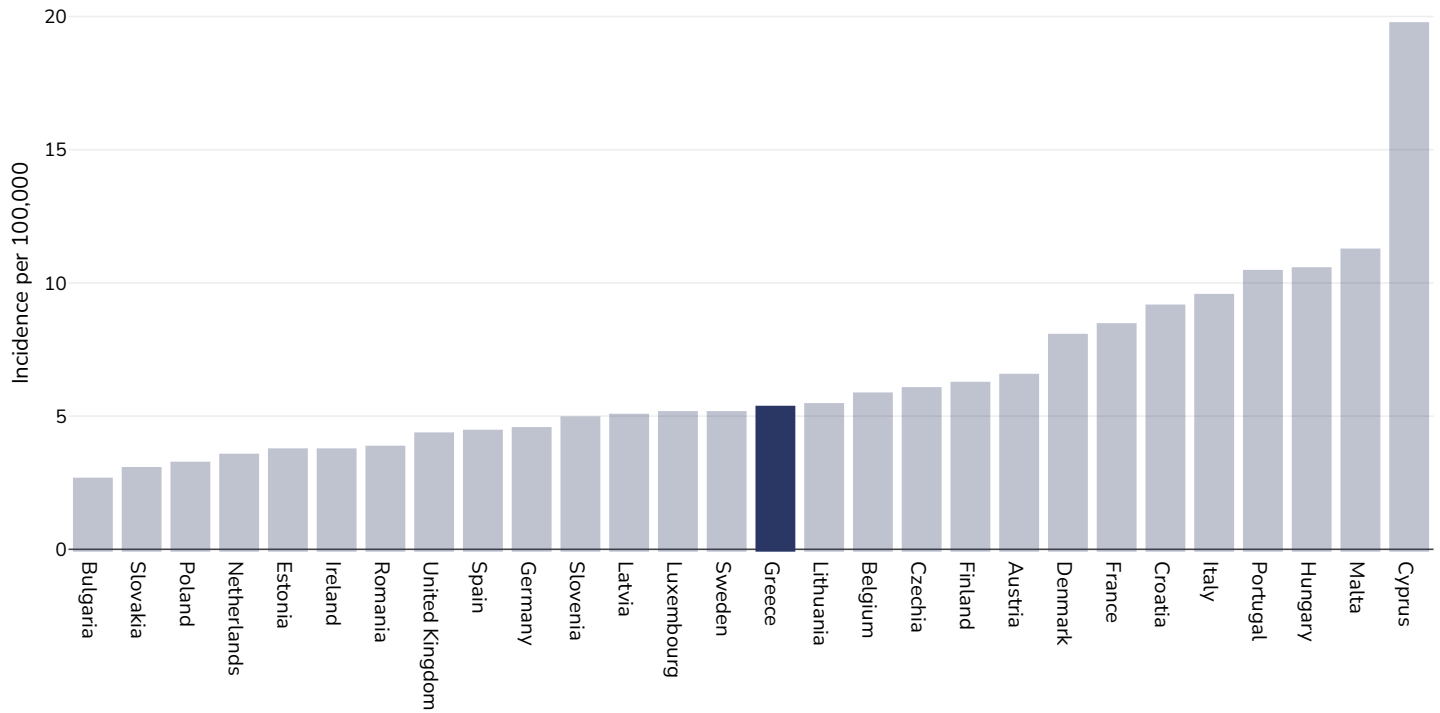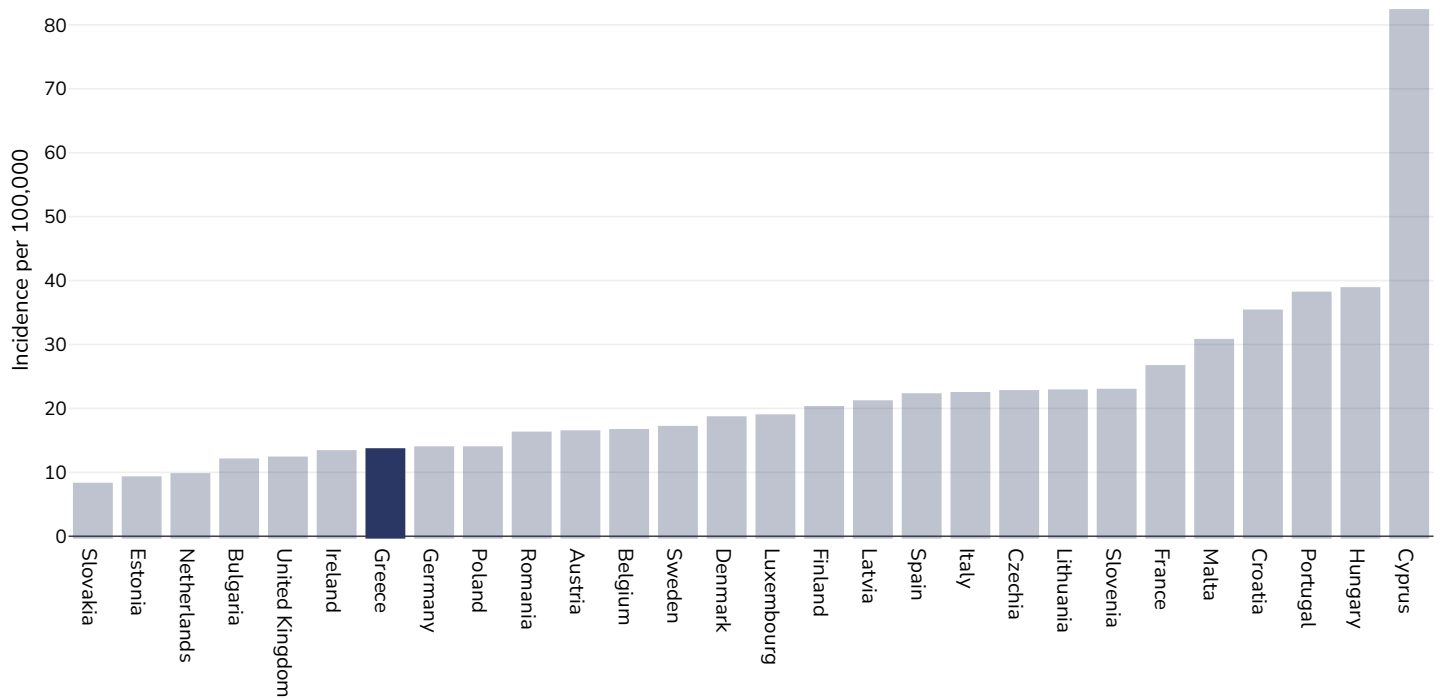| Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Women, 2022

Age:	20+
Area covered:	National
References:	Ferlay J, Ervik M, Lam F, Laversanne M, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2024).Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.who.int/today, accessed [16.07.24]
Definitions:	Incidence per 100,000

Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.

Labelling

Is there mandatory nutrition labelling?	✔️
Front-of-package labelling?	❌
Back-of-pack nutrition declaration?	✔️
Color coding?	❌
Warning label?	❌

Regulation and marketing

Are there fiscal policies on unhealthy products?	✖
Tax on unhealthy foods?	✖
Tax on unhealthy drinks?	✖
Are there fiscal policies on healthy products?	✖
Subsidy on fruits?	✖
Subsidy on vegetables?	✖
Subsidy on other healthy products?	✖
Mandatory limit or ban of trans fat (all settings)?	✔
Mandatory limit of trans fats in place (all settings)?	✔
Ban on trans-fats or phos in place (all settings)?	✖
Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✖
Mandatory restriction on broadcast media?	✖
Mandatory restriction on non-broadcast media?	✖
Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children?	✔ᵛ
Are there mandatory standards for food in schools?	✔
Are there any mandatory nutrient limits in any manufactured food products?	✔
Nutrition standards for public sector procurement?	✖

🏛️ Political will and support

National obesity strategy or nutrition and physical activity national strategy?	✅
National obesity strategy?	❌
National childhood obesity strategy?	❌
Comprehensive nutrition strategy?	✅
Comprehensive physical activity strategy?	✅
Evidence-based dietary guidelines and/or RDAs?	✅
National target(s) on reducing obesity?	❌
Guidelines/policy on obesity treatment?	❌
Promotion of breastfeeding?	✅

📋 Monitoring and surveillance

Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors?	✅
Within 5 years?	✅

🏛️ Governance and resource

Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)?	✅

Key

✅ Present   ✅ᵥ Present (voluntary)   ✅ Incoming   ❌ Absent   ❓ Unknown

Last updated June 30, 2023

PDF created on September 11, 2024